

# Workshop Schedule 2017<sup>1</sup>

Block 1: Friday evening 20:30-22:00

A: *Asymmetrical Waltz* by Eric, level 3

Tired of always dancing a waltz in 3? Seeks no further! In this workshop you will learn to dance to asymmetrical waltzes, which have plenty of variation. From 5 time waltz to 8, 11 time, 14 time, 17 time waltz... We will also work on different ways to dance to the 8 (3-3- 2 and 3-2- 3) and 11 (3-3- 3- 2, 3-2- 3-3, 3-3- 2-3) times waltz.

*Pre-requisites:* You can dance a waltz in 3 times without problems.

B: *Slängpolska* by Aurélie, level 3

This short workshop will be an excellent introduction to the Swedish folk dances in the beginning of this weekend. We'll start with a dance which has a lot of success in Sweden; let's make it more famous in the "South"! The slängpolska is a couple dance which comes in two forms: one is danced on a walk, the other on the spot. Both offer countless figures and possibilities of improvisation. The goal of this workshop is to allow dancers to discover the spirit of this dance and to acquire some tools so that each of them can create his/her own dance.

C: *Mixers* by Elena, level 3 & 4

We all know mixers, such as the chapelloise/jig and the Circassian circle, but we rarely take them to the next level, which is what will keep these dances fun and interesting. During this workshop we will discover new mixers from different origins (folk, trad, Scottish repertoire), and focus on the techniques of group dances. We will work on specifics such as what to listen to in the music, different rhythms, where the couple fits in the collective, how to efficiently change partner, the use of space, and much more. We will make sure that in the evenings some of these alternative mixers will be announced, so you can practice them during the balls. At the end of the workshop you can film the dances, so bring your camera!

*Pre-requisites:* You need to have a moderately high learning speed.

D: *Delicious Dips* by Samuel, level 4

As the balfolk community draws more and more inspiration from other kind of dances, we try things out, and among those, a very cool class of "moves": dips. However, without proper technique or intent, those can be dangerous, and much less fun. This class is about learning the basics of safe dips, to impress your partner or your audience.

E: *Arin arin* by Koen, level 4

This fun but hard Basque dance (North of Spain) is a great challenge for advanced dancers. You can dance it in pairs or small circles. The challenge is in the agility of the feet and the transitions between the separate parts. The arin arin usually follows the fandango. In this workshop we will focus on the less noted arin arin, so we can combine it with the fandango on Saturday.

*Pre-requisites:* We don't expect any knowledge of the dances, but you should have a high general dancing level and need be a quick study. This intensive workshop is not recommended to people who are off form or have problems with their knees or ankles.

Block 2: Saturday morning 10:00-13:00

A: *Circulation in the ball* by Samuel, level 3

Sometimes, dancefloors look like jammed motorways around a capital city, but that's not a fatality! By learning to "drive efficiently" in our dancing, we can resolve these traffic issues together, for a

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<sup>1</sup> This programme is meant as a preliminary impression. The order/descriptions of the workshops might be changed. The final version will be distributed at the Dansstage itself.

more enjoyable dance time for everybody! This class will work both on the big-scale, theoretic approach, and on the smaller scale of your own body and its relationship to your partners, to improve circulation on our dance floors.

**B: Bourrée à 3 temps** by Elena, level 3 & 4

Bourrées have become one of the most popular dances in today's balfolk. However - and unfortunately! - there is a certain confusion concerning the different types and counts (2t / 3t) of bourrées. After a short introduction to diverse families and rhythms, we will concentrate on the "bourrée droite à 3 temps". You will receive tools to recognize this form from the bourrée auvergnate, which is also written in a count of 3. An in-depth study / revision of the basic step will be followed by some work on the common form danced in pairs. If time allows, we will also spend some time on (very amusing) forms danced in sets, and possibly a collective form. Let me take you on a trip into this very rich and joyful repertoire, which deserves to regain its letters of nobility!

**C: Lollowers & Fleaders – The fun continues** by Saskia, level 3 & 4

What is the difference between clown fish and dancers?... Important questions such as this will be answered during this workshop! We are going to switch roles while we dance. We will explore different ways to achieve this and together we will go in depth by learning several variations step by step, both as leader and as follower. We play with the dance frame and with who initiates the change of role. In short: you will lead, follow and a bit of both simultaneously.

*New:* During this workshop you get the chance to create your own new moves to switch roles.

**D: Jössehärspolska - Polska from Värmland** by Aurélie, level 4

This workshop will be an introduction to a special and energetic form of polska: the "jössehärspolska" (from the region named Värmland in Sweden). This dance involves the most common technique of rotation, but also the bakmes, another way to turn, and some other figures. You'll therefore find in this workshop a pretext to make your polska richer (mixing different elements in the same dance – and not only on jössehärspolska music) and to discover different kinds of music. Open your ears and free your body: polska can be such as wild!

*Pre-requisites:* You need to be able to dance a basic polska, including the basic turn.

**E: Fandango** by Koen, level 4

This fun but hard Basque dance (North of Spain) is a great challenge for advanced dancers. You can dance it in pairs or small circles. The challenge is in the agility of the feet and the transitions between the separate parts. The fandango is usually followed by an arin arin. In this workshop we will focus on learning/brushing up the fandango.

*Pre-requisites:* We don't expect any knowledge of these dances, but you should have a high general dancing level and need be a quick study. This intensive workshop is not recommended to people who are off form or have problems with their knees or ankles.

**Block 3: Saturday afternoon 14:30-17:30**

**A: Breton Bootcamp** by Samuel, level 2b & 3

Breton dances are a part of the balfolk repertoire that often gets disregarded as low-complexity, low-technique dances, but that's quite untrue. Many of these dances can gain a lot by being explored thoroughly, and danced with precision and care. In this class we will look at most well-known Breton dances and polish them to perfection. We'll tackle at least Hanter Dro, An Dro, Kost ar C'hoat, Suite Gavotte, Gavotte de l'Aven, Suite Plinn, Ridée, Laridé, Suite de Loudéac, Rond de St. Vincent, and probably others, depending on attendance.

**B: Polska - basics** by Aurélie, level 2b & 3

For those of you who would like to discover or return to the ground of polska: welcome! During this workshop, we'll work on a basis of "the" polska, quite simple and nice for this reason, to immerse in

the Swedish pulse and mood ! We'll work on different aspects of the Swedish dances: listen to and understand the music, put rhythm and melody in the feet (but not only!), feel the dance throughout the body, find some tricks for how to do it in couple... in a global approach. This workshop will also be a pretext to make you discover the diversity of the Swedish music for polska.

C: *Variations for waltz (and polka)* by Koen & Elena, level 3 & 4

In this workshop you will learn a number of variations for the waltz, some of which can also be applied to the polka. There will be variations in rhythm, poise and style and possibly also some special moves. We will also pay attention to musical sentences and the proper timing of each variation. 80% of this workshop consists of waltz and 20% of polka.

*Pre-requisites:* You need to be able to dance the waltz and polka easily and have a proper poise.

D: *Hybrid Dances* by Eric, level 4

Some creative musicians like to mix existing dances together to create a 'hybrid' dance. In this workshop you will learn to listen to the music and explore some of these hybrids. We will cover the mazurka-waltz, 5 time mazurka-waltz, waltz 16 time (3-5- 5-3), waltz 32 time (4 x 5time waltz + 4 x 3time waltz) and maybe even more..

*Pre-requisites:* You need to be able to dance mazurkas and asymmetrical waltzes without thinking and have a good balance in your dance.

E: *Halling* by Pascal, level 4

And now for something completely different: Halling, a solo dance all the way up from Norway. In this workshop we will have a look at some of the basic techniques of Halling as well as ways of dancing it together, keeping connection in a couple or group even when dancing a solo dance. Besides learning a new dance, this is also a good opportunity to work on your individual dance technique.

F: *KEEP CALM and VARY ON: Invent your own variations on the spot - together!* by Rafael & Nele, level 4

Exploring the concepts of weight and touch you will gain understanding of phenomena like grounding and feeling. The next step will consist in using this to guide your partner's movement. In this workshop we will focus mainly on couple dance in open position, but really it works from any position, both as a lead and as a follow.

*Pre-requisites:* Please mind that this is a level 4 workshop, so the tempo will be high.

Blok 4: Saturday evening 19:30-20:30 (optional)

A: *Dance Instruction* by Rian, level 1 and visitors of the open ball

In a high tempo we will explain some of the most common balfolk dances, so nobody has to stay on the sides during the balls. Even if you know most of the dances already, it might be useful to repeat the basics.

B: *Menuett* by Pascal & Emilie, all levels

Let us introduce you to the Swedish Menuett. It has been nearly forgotten for a long time, then digged out of the dust and today it's getting more and more known in Sweden and Finland. It's a couple dance, and then somehow it isn't. It's a line dance, but in diagonal with angles. It's somewhat Swedish. It's in three. And it's a great dance!

C: *Self Care* by Samuel, all levels

A good craftsman takes care of their tools. I consider dancers to be craftspeople whose tool is their body, and am passionate about sharing knowledge and experience about good maintenance and care of human bodies. All you have to do is show up with yours, and I'll take you on a tour of selfcare that will get you rid of the day's tiredness, and ready to dance all night! (and most importantly, all life!)

D: *The Dancing Orgy: extreme partnership dancing* by Rafael & Nele, all levels

It's all about connection, use of space, musicality and improvisation. Most of all, it's about having fun. It's also strictly not about sex (or is it?)

Blok 5: Sunday morning 10:30-12:30

A: *Verticality* by Saskia, level 3

There are so many ways to spice up or smooth-down your dance. Preferably in connection with your dance partner. Verticality deals with variations on movements in the vertical plane. This is something that can be used as variation, styling and communication in both a leader role and follower role, as well as individually (in dances such as rondeau and bourrée). For example, verticality is a great way to initiate and communicate rhythmic variations. So you can be assured that you will get to experience a lot of fun rhythmical obscurities! We will practice verticality mostly in Scottish and mazurka. And trust us, when we say that you will dance mazurka differently than you ever did before!

*A personal note:* When I discovered verticality in dance, it opened up a whole new world because it made me discover a different range of movements which fit to yet a whole new range of music styles, especially the more 'traditional' music. If you want, I will also try to share some of this fascination with you. See you on Sunday morning!

B: *Being yourself and learning from others*, by Aurélie, level 3 & 4

To wake up on this Sunday morning, Aurélie invites you to work with your own body and that of others. Take time to be more conscious of your way to dance (testing things, filming yourself...) and to try different other ways to move (observing, imitating other dancers...), in a go-back, interactive and reflexive work mode. Open your mind to different ways to dance and come for an intensive and funny moment with your body!

C: *Samuel's Sunday Sing Along* by Samuel, level 3 & 4

Singing for dancing is one of the things that gives me most happiness in the world, and I'm sure some of you would share this feeling. This Sunday will be a time to learn a few songs for dancing (and maybe some just for the joy of it), and making them dance. They will be mostly in French and possibly some in Occitan, and I will provide lyrics in printed form. The songs we learn will be short, so that you don't need to remember a whole story in an unfamiliar language.

D: *Exotic Scottish* by Elena, level 4

Folk groups nowadays love to enrich their dances with "exotic" elements; i.e. non-folk rhythms, instruments, atmospheres, etc. Either they import a cultural element/sonority that is part of their history (Sons Libres, Bal O Gadjó, ...), or they are just curious of other styles and mix them into their compositions or interpretations, for our great pleasure. We as dancers can choose to simply follow the scottish structure - or to find inspiration in these musical suggestions. And that is what we are going to do in this workshop: for each "exotic scottish" we will work on, we will determine a specific (set of) style(s), and then explore different ways to express them. This can be rhythmical variations, specific moves and/or figures.

Note that we may not only dance on "folk" scottishes!

E: *Mazurka* by Koen, level 4

The Mazurka has evolved into a very subtle, beautiful dance that is a favorite among many balfolk dancers. In this workshop Koen will teach you a mix of challenging variations: duool, ma-ka, pa-dam, switch-turns (salsa) and will also work on the musicality.

*Pre-requisites:* You have to be able to dance mazurka perfectly and without thinking and you need to be a quick study to keep up with this workshop.