

# Contra Dancer's Etiquette:

## Ground Rules

❖ **Respect yourself, your partner and those around you.**

**If something doesn't feel or seem right:  
Speak Up!**

❖ **These rules are not absolutes, they are guidelines proven to build community and expedite a good dance experience for all. You may vary from these, as long as it feels comfortable to you, your partner and the dancers around you.**

❖ **A successful dance is one where all the participants have good memories the next day.**



**Anyone can ask anyone to dance!**

**If you'd like to dance with someone (you are here to dance, right?) take the initiative and ask him or her to dance!**

**Anyone can dance any role.**



**Everyone has the right to say “No” to a dance, for any reason or for no reason.**

**In most cases, the reason isn’t personal and doesn’t have to be provided.**



**Smile graciously and move on.**

**Connect with partners the way you'd like to feel connection yourself. Talk to your partner to find out their comfort zone.**



**Flourishes (twirls, dips, etc.) are always optional and only should be performed by mutual consent.**

**If a partner uses an unpleasant and hurtful connection consistently, speak up to them and please let them know.**

**The dance organizers are always available if you'd like to consult with them about your concern.**

**Don't forget to smile and maintain eye contact during the dance! It's part of connecting.**



**Use moderation!**

**Constant eye contact can feel uncomfortable while no eye contact at all can feel impersonal.**

**Dancing is a contact activity! Dance in control in your own space with an awareness of the space of others around you.**

**If you accidentally kick or hit someone while dancing, apologize!**



**If a person consistently dances in a dangerous way, bring it to their attention or let the dance organizers know.**

**Thank your partner for the dance when the song ends...**



**Protect yourself and the dance hall floor!**

**Wear proper footwear: Please wear clean non-marking shoes to protect the dance floor and supportive shoes to protect your body.**



**a** alamy stock photo

D5RXPH  
www.alamy.com

**Avoid spike heels and clean embedded gravel from your shoes before going onto the floor.**



**Maintain good personal hygiene. Shower before the dance; consider using an unscented deodorant and breath mints.**



**Keeping clean ...**  
Not as traumatic as  
you might think

**3M** **VIROX** **Accel** **Diversey** **GOJO** **SAGE**  
PRODUCTS INC.

[www.wbtraining.com](http://www.wbtraining.com)  
©2011 Copyright/Whisper Training Inc. All rights reserved.

**We've all got the contra bug, but germs are not something to share.**

**If you have to sneeze or cough do it into your sleeve and not your hand.**



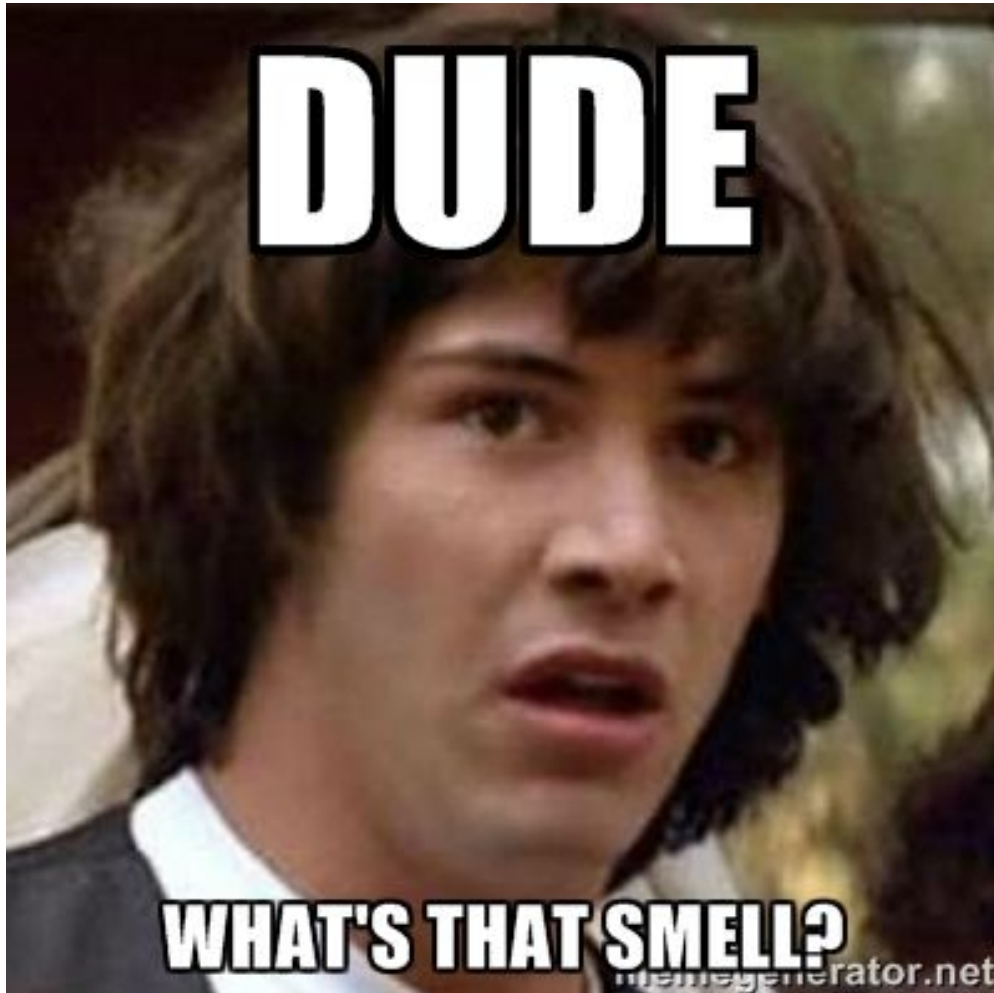
**Use hand sanitizer and wash your hands throughout the event.**

**Be aware of how you present yourself to others at dances.**



**Consider bringing a spare shirt or a bandana to mop your brow.**

**Please do not wear perfume, cologne or other scented products to the dance.**



**Many dancers have allergies and would not be able to dance comfortably if other dancers are wearing fragrances.**

**Fragrances can induce allergic reactions severe enough to keep some from dancing.**

**Communities are inclusive.**

**Be welcoming and treat others with respect regardless of age, gender, sexual orientation, physical appearance, race, (dis)ability, or other aspects of identity.**



**Our dances are free of sexist, racist, ageist, ableist, homophobic, transphobic, and personal attack language.**

**If you unintentionally touch or graze someone's private areas, apologize.**



**If the inappropriate touching persists, bring it to the offender's attention or to the attention of the dance organizers.**

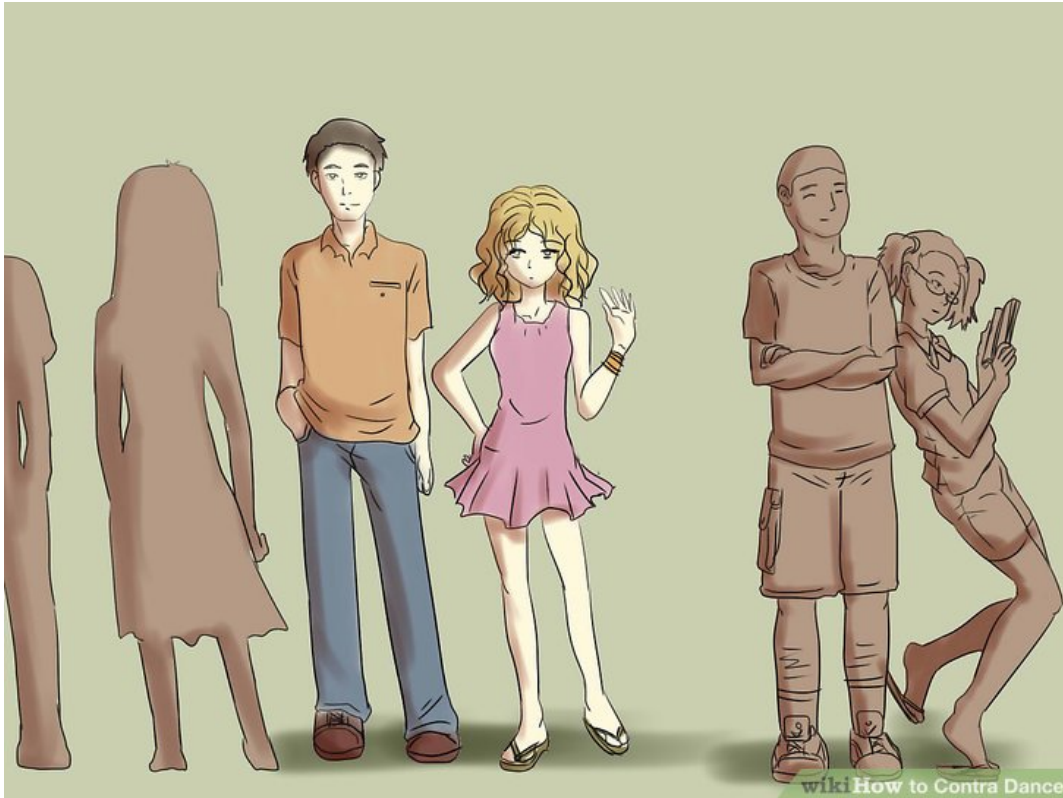
**Intentional physical or verbal abuse (cursing or touching, etc.) is UNACCEPTABLE!**



**Offenders may be banned PERMANENTLY.**

**Communities are inclusive.**

**If you want to dance get on the dance floor!**



**Dance with both new and experienced dancers.**

**Refrain from booking dances ahead.**



**We are all here to have fun through dancing!**

**Enjoy yourself and do your best to make the evening fun for the other dancers as well!**



**A successful dance is one where all the participants have good memories the next day.**