Boulder Community Contra and Family Dance
1st/3rd Fridays
May 1  "The Latter Day Lizards" caller Paul Somlo
$12/6 students, also Family Dance 6-7:20pm
May 15  "New Rhythm Rangers" caller Tina Fields
June 5   "Lizard Spring" caller Duffy Boyle
   No family dance – on break 'till September
June 19  "Brian Mullins, Julia Hays, Teri Rasmusson"
   caller Rick Smith

Denver Contra Dance - 2nd/4th Fridays
May 3   "The Latter Day Lizards" caller Ed Hall
   $12/6 Waltz from 1-2pm, Contra from 2-5pm
May 8  "Sandra and Rodney" caller Bev Bernbaum
May 22  "Purple Zephyr" caller Ed Hall
June 12  "Deb and the Parias" caller Viki Lawrence
June 26  "Traditional Blend" caller Christa Torrens

Zesty Contra Dance – 2nd Saturday
May 9  "Falcon Flight" caller Bev Bernbaum
June 13  "Traditional Blend" caller Rick Smith

Westminster Community Dance – 4th Saturday
May 23 "TBA", caller TBA
June 27 "TBA", caller TBA

Fifth Friday Waltz Dance
May 29 Elizabeth Wood and John Reading, lesson by Bob Warden at 7pm

CFOOTMAD Music Jam – 1st/3rd Mondays
Fort Collins FOTD Events – 1st/3rd/5th Saturdays
May 2  "The Latter Day Lizards" caller Viki Lawrence
   $12/6 students
May 16  "Balance and Swing" caller Christa Torrens
May 30  "The New Rhythm Rangers" caller Carol Fey
June 6  "Stringfire" caller Paul Somlo
June 20  "Delicate Balance" caller Patricia Danscen

May 1-3, Contra Dance w/special guests, The Latter Day Lizards!! A huge thanks to Terri Olson for her support, helping to keep prices low for this very special weekend.

June 19, 20, 21 - Boulder Dance Coalition International Festival. Live music, performances, participatory dancing. CFOOTMAD is a proud member of the BDC. More info at www.boulderdancecoalition.org.

Look for “Steam” at the July 3rd Boulder Contra Dance, check 'em out at www.dancetosteam.com.
Meet Daniel Palmer

Daniel grew up in Flint, Michigan, which is now considered one of the most violent cities in the country. He's had a tough life but says, “It's given me a perspective that allows me to be grateful and to appreciate the many “little things” in life that are truly the “big things” that make life so precious and beautiful!”

Daniel had wanted to learn to dance for a long time so when a friend invited him to a Contra dance, how could he refuse? His friend suggested that he Google “Contra Dance”, but Daniel decided to just jump right in. Soon after starting to Contra dance, he discovered swing dancing but continued to Contra dance because of the high energy level.

Daniel considers himself an “unofficial volunteer” in the dance community, helping out when and where needed, whether it is setting up, tearing down, or helping with the sound. Daniel almost always shows up for the lesson to be an “extra” if needed.

Daniel says, “I enjoy that the Contra dances aren't just a “dance venue” and that there is a great community of people who love to spread joy and help one another.” He would like to see more swing dancing during the breaks, though (so he can show off, LOL!)

During the day, Daniel works as an electronic technician, troubleshooting and repairing medical surgical generators, but he's working on a certification to become a Passion and Intimacy Coach. “I'm really at a point in my life where I'm truly looking to switch gears and find the calling of my heart. I am very excited for this opportunity!”

When asked about his hobbies, Daniel answered, “dancing, dancing, dancing; mad, mad, mad, passionate dancing! I also enjoy hiking 14'ers and finding any excuse to be outdoors in this big beautiful backyard we have in Colorado. I enjoy live music (all genres) and did I mention, dancing?”

by Helle Hill