



CFOOTMAD COMMUNITY DANCES

Colorado Friends of Old Time Music and Dance

Nov/Dec 2018
www.cfootmad.org
720-722-1170
Find us on 

Boulder Community Contra and Family Dance 1st/3rd Fridays

- Nov 2** "The Offbeats" caller Rick Smith
Family Dance, 6pm!
- Nov 16** "Roysten Hunget (fiddle), Phil Norman (cello),
Teri Rasmusson (piano)" caller Peter Johnson
- Dec 7** "Avourneen" caller Chris Kermiet
- Dec 21** "Rodney Sauer & Friends" caller Viki Lawrence

Denver Contra Dance - 2nd/4th Friday

****New Venue - Scheitler Rec Center!****

- Nov 9** "The Megaband" caller Sam Smith
- Nov 23** "Balance & Swing" caller Pat Danscen
- Dec 14** "Rodney & The Coffee People" caller Helle Hill
- Dec 28** "New Rhythm Rangers" caller Paul Somlo

Zesty Contra Dance - 2nd Saturday

- Nov 10** "Balance & Swing" caller Christa Torrens
- Dec 8** "Andy Reiner/Rodney Sauer" caller Paul Somlo

Fifth Friday Boulder Waltz-Contra

- Nov 30** "Balance & Swing" caller Helle Hill
Contras and Waltzes, Contra lesson 7:30

CFOOTMAD Music Jam - 1st/3rd Mondays

Fort Collins FOTD Events - 1st/3rd Saturdays

- Nov 3** No Dance Tonight!
- Nov 17** "Caroline McCaskey & Ben Cohen" caller Pat
Danscen
- Nov 24** Waltz Night w/Avourneen, \$15/8 students
- Dec 1** "Mystery Band" caller Tina Fields/Ed Hall
- Dec 15** "Avourneen" caller Peter Johnson
- Dec 25** "Balance & Swing" caller Helle Hill
Holidance! 6-9pm, lesson at 5
- Dec 31** "**Continental Drift**" caller **Christa Torrens**
NYE Contra! 8:30-11:30, Club Tico, \$15/7

-----**Save the Date**-----

March 1,2,3 - Rhythm Raptors! (courtesy of Mary Headley)
www.rhythmraptors.com

Labor Day Weekend 2019 - CFOOTMAD dance weekend at the
Avalon w/Elixir and Buddy System! A four day long dance
party, this will be the bash of the year!
www.cfootmad.org/rendezvous

Fort Collins NYE Contra - Club Tico w/Continental Drift!

-----**Misc**-----

In lieu of the "Spotlight" this month, you'll find a new feature -
"Dear Dancy". It's a place where you can submit those gnawing
questions regarding dance etiquette. We hope you'll find it
enlightening.

We encourage the use of reusable water bottles - love the earth;
it's the only place that has contra dancing

We're fragrance free - come as you are; clean and au naturel!

Just a reminder - is your membership up to date?

Try the Zesty dance - no secret handshake required!

BASIC CFOOTMAD INFORMATION

CFOOTMAD organizes the events listed below and occasional special events. Prices may vary for special events. Children are welcome at dances if supervised by a responsible adult. For CFOOTMAD dance information, call 720-722-1170, Jerry at 303-665-1429 (h) or 303-497-1315 (w), or look us up on the web at www.cfootmad.org.

CFOOTMAD EVENT DETAILS

Boulder Community Contra Dance: Avalon Ballroom, 6185 Arapahoe. Lesson 7:15. Dance 8-11. \$10/\$8 members, \$5 students. Contact Teri 720-352-1770.

Boulder Family Dance (right before the Boulder Community Dance): First Friday, 6:00, September thru May. No lesson needed; all dances taught. \$15/\$14 family; \$5 individual. Contact Teri 720-352-1770.

Denver Contra Dance: New Venue! Scheitler Recreation Center at Berkley Park, 5031 W 46 Ave (I-70 @ Sheridan), Beginning lesson 7:15. Dance 8-11. \$10/\$8 members, \$5 students. Contact Duffy 303-882-9361.

Music Jam (Denver): 1st and 3rd Mondays, 7:00 pm. At the home of Duffy Boyle and Nancy Reindl, 2240 Perry St., refreshments provided. Contact Duffy 303-882-9361 or duffyboyle@gmail.com

5th Friday Boulder Waltz-Contra: Contra plus Waltzes, live music. Avalon Ballroom, 6185 Arapahoe in Boulder. Lesson 7:30pm, dance 8-11. \$10/\$8 members, \$5 students. Contact Viki 303-913-2534 or viki.lawrence@gmail.com.

Zesty Contra Dance: Contras for experienced dancers. No lesson, quick walk-throughs and little caller leading. Dances start promptly at 7pm with a waltz. Scheitler Recreation Center at Berkeley Park, 5031 W 46 Ave (just SE of I-70 at Sheridan). Dance 7-10. \$12/\$10 members, \$5 students. Contact Caroline 303-444-9801.

FOTD DANCE DETAILS

Friends of Traditional Dance - Masonic Lodge, 225 W. Oak St. Fort Collins. Lesson at 6:30pm, dance 7:30-10:30, \$10/\$5 students. www.fotd.org, 970-829-8689 or Paul at 970-353-6340.

-----**Congrats**-----

To Jane and Charles, on their recent union!

-----**In Memory Of**-----

In remembrance of Tina Yankee who passed away peacefully, October 6, 2018.



CFOOTMAD

Colorado Friends of Old Time
Music and Dance
2240 Perry St.
Denver, CO 80212-1161



Citizens of the
Scientific & Cultural
Facilities District
Making It Possible.



NATIONAL
ENDOWMENT
FOR THE ARTS



A program of Community First Foundation

GRANT FUNDING RECEIVED FROM:

Dear Dancy

Dear Dancy:

Sometimes, the way my partner or other dancers swing me makes me uncomfortable—too close, too tight, too fast, hand in an inappropriate spot; what can I do?

Signed,

“Uncomfortable in Colorado”

Dear “Uncomfortable” -

It is always important to communicate with the person you are dancing with, either verbally or physically. If a person grips you in an uncomfortable manner, politely say: “Not so close, please” or “Not so tight, please”, etc. Some dancers wear a tag or button that asks to not be swung too fast. (We’ll talk about avoiding dizziness in a future issue). If the support hand is in a place that makes you uncomfortable, simply take that hand and place it where you are comfortable, meanwhile smiling and saying something polite like: “How about here, instead, please?” The swing should be commenced in “ballroom” position standing opposite each other with some tension and strength in your arms, not limp “spaghetti arms”. (There’s no way to have a successful or enjoyable swing with a wet noodle) and walking forward around one another to the right. Correct “ballroom” position engages the partner only with the hands and arms. Not joined at the hip, nor pressed into the partners’ chest. Comprene y’all?

Giving weight is a dance technique that will make dancing a lot easier and more enjoyable and makes the swing work better. The idea is to provide a bit of resistance to the person you’re dancing with, each gently pulling back against one another in a balanced manner. Most of your weight should be centered over your own feet, each leaning into the support hand of their partner on the back just a little to stabilize and counter balance your movement as a couple. Take care to take into consideration difference in your opposites’ height or weight and equilibrate so as not to throw the other off balance.

If you are too shy to speak up about your opposite dancers’ discomfoting swing position or the dance is moving too quickly to speak up, simply put your (normally) supporting hand on their corresponding shoulder and push yourself away. Smile and look them in the eyes while doing so to keep things friendly. For future reference, if you find a dancer consistently makes you uncomfortable in any fashion, it’s always acceptable to say “No, thank you” if they ask you to dance. No explanation is necessary. We’re all contra dancing to have fun. Guard your happiness and keep it that way for yourself!

Hope this helps, see you on the dance floor – Dancy

Dance etiquette or advice questions? Please send to: deardancy@cfootmad.org

NEXT CFOOTMAD NEWSLETTER DEADLINE

Friday, Dec 14 is the deadline for the Jan/Feb 2019 newsletter. Submit materials to newsletter@cfootmad.org.

CFOOTMAD is a 501(c)(3) not-for-profit organization. Funds to support CFOOTMAD come from admission fees, memberships, SCFD funding, and from generous individuals who give above and beyond their membership dues. Consider making a CFOOTMAD donation to sponsor a dance in celebration of your birthday, anniversary, or any other reason that strikes your fancy. Thank you to all CFOOTMAD members and a special thanks to those who have made additional donations. Thanks also to the many members of the CFOOTMAD dance community who donate their time and talent in ways large and small – *your CFOOTMAD board: Nancy Reindl, Sam Smith, Julie Olson, Christa Torrens, Mark Berte, Steve Thomas*