



## May-June Upcoming Events

visit [www.CFOOTMAD.org](http://www.CFOOTMAD.org) for details on times, callers and performers

**May 2:** Boulder Dance. **May 9:** **FREE** Denver Dance! (Thanks to Miriam Rosenblum!) **May 10:** Zesty! Dance in Boulder. **May 16:** Boulder Dance. **May 30:** **SPECIAL FAMILY DANCE AND** Hands Across Dance, both in Boulder. **June 6:** Boulder Dance. **June 13:** Denver Dance. **June 14:** Zesty! Dance in Boulder. **June 20:** Boulder Dance. **June 28:** Hands Across Dance, Denver.

Also: Fort Collins dances (1st & 3rd Saturdays), Colorado Springs dances (1st Sundays). And our CFOOTMAD Rendezvous Aug. 29-Sept. 1.

### Performer Spotlight

#### *Sam Smith: Caller and teacher extraordinaire*

If you've been to even a few contra dances, you've no doubt seen one of our favorite callers, Sam Smith, enthusiastically teaching new dancers and calling dances. Sam is passionate about the art form and loves teaching. It's a joy seeing Sam calling a dance when he effortlessly switches moves on the fly.

Sam is especially fond of our Hands Across (gender neutral) dances. While all our dances are welcoming and inclusive, Hands Across dances place a special emphasis on being welcoming to the LGBTQ+ community and people dancing all roles without regard to traditional gender. Sam was integral to getting this great dance series started.

Originally from Salt Lake City, Sam went to college in Chicago where he first learned about contra dancing. He also lived in Pennsylvania where he again enjoyed contra, before coming to Boulder to get his Ph.D in geography from CU. Sam is one of those great people who keep bringing new dancers into the fold. Thanks, Sam!



### Contra Dance Fascinating Facts

#### *What's a "hey" ... and why do they call it that?*

After calling a few dances with the basics, callers will often introduce a dance with a figure called a "hey." It's a weaving move in which a "half hey" ends up with you and your partner on the opposite side of the set from where you started, and a "full hey" takes you all the way across and then back again. It can be a little intimidating to new dancers, but in no time you'll be "hey-ing" confidently and enjoying variants such as heys on the diagonal.



If you want to see a hey being taught, visit <https://www.youtube.com/watch?v=9BUT-vjOn8>. If you want to see a great example of a hey incorporated into a dance (by one of our favorite out-of-state callers, Seth Tepfer) visit <https://www.youtube.com/watch?v=7vbrCsRkLPE>.

The history of the hey is detailed at <https://www.contrafusion.co.uk/Hey.html>. Variants of the move go back to at least the 1500s. In Scotland the move has also been called a "reel." Contrafusion writes: "Haye, or haie, meant a hedge. Imagine a hedge made by weaving branches horizontally through posts and you can see the weaving concept."

Knowing which way to weave can be challenging at first, but the good news is that if all else fails, in a half hey you finally end up on the other side of the set and in a full hay you're back where you started. So if everything falls apart ... just smile, laugh, and keep on dancin'!



### Register for the CFOOTMAD Rendezvous!

<https://cfootmad.org/rendezvous> Spots are filling up fast!

Join us for Labor Day Weekend (Aug. 29-Sept. 1) at the beautiful Avalon Ballroom in Boulder. Nationally known callers and bands. Four days of dance, food and bliss!

