Contra Dancer’s Etiquette:

Ground Rules

 jedis  Respect yourself, your partner and those around you. If something doesn’t feel or seem right: Speak Up!

 jedis  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.

 jedis  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.

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.
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.