

Rensselaer English Country Dances

Experience the beauty and grace of 18th century dancing.



**** LOCATION ** FELLOWSHIP HALL, CHRIST CHURCH ** 35 State St., Troy ****

**** TIME: 2-5 p.m. ** Regular Admission: \$12**

**** Live Music by Heartsease band ****

October 2017 - April 2018 Program

**** Dances sponsored by the DanceFlurry Organization ****

Callers :

Oct 15 – Val Medve

Nov 19 – Lindsay Morgan

Jan 21 – Melanie Axel-Lute

Feb 25 – Orly Krasner

March 18 – Don Bell

April 15 – Tom Amesse

All dances taught. No partner needed.

Beginners welcome.

Bring soft-soled shoes for dancing.

Admission: \$12

Limited income: \$8

DFO Member discount: \$1

Beginner Lessons Free

contact: Don Bell

donwfbell@gmail.com, (518) 788-8197

More info at: www.danceflurry.org/recd



DanceFlurry

Connecting/Inspiring Through Traditional Music and Dance

Introductory Workshops in English Country Dance

Escape the frenzy of the 21st century and return to a more civilized and elegant era.

Admission: Free!	Where: Christ Church United Methodist, 35 State St. Troy
Instructor: Don Bell, 518-788-8197, donwfbell@gmail.com	When: contact instructor, Don Bell

What Is English Country Dance?

If you've seen a Jane Austen film, you've had a glimpse of this graceful dance form that appears in many of her novels, including "Pride and Prejudice". English Country dance movements flow in sync with beautiful music, much of it created by early classical composers. We dance to the tunes of some well-known composers – Purcell, Handel, Corelli, Arbeau, Susato, O'Carolan, Vivaldi, Mozart, Praetorius, Telemann and more.

Why Do English Country Dance?

- **Easy to Learn** – If you can walk, you can do English Country dancing. The dance figures are simple and easy to learn. You can start having fun almost immediately.
- **A Fun Form of Exercise** – For many people, exercise can be boring or tedious. English Country dance is a fun and almost effortless way to gain the benefits of aerobic exercise.
- **Opportunity to Socialize** – English Country dance is a very social activity. We do about 12 dances at each event, changing partners at the start of every dance. Because of changing partners and the progressive patterns of the dance, you get to dance with almost every person in the room.
- **No Partner Needed** – You can attend English Country dance events without bringing a partner. Although you dance with a partner in each dance, that person can be anyone (man or woman) that comes to the dance.
- **Uplifting, Joyful Music** – English Country dance music is light, upbeat and joyful. Many of the tunes were composed in the 17th and 18th centuries, but new tunes are still being created. You'll find your mood and spirit rising when you dance to this lively repertoire.
- **Enjoying the Moment** – At an English Country dance, you will quickly forget your cares, letting your inner child out to play. You will find pleasure in the simple joy of moving to music.
- **Modest Cost** - The best things in life are free – well, almost free... The costs are minimal, less than \$15 per event. You might need to invest in some new dance shoes. Also, where else can you attend a live music event for under \$15?

To watch videos and find out more, go to: danceflurry.org/recd