



## WHAT IS HARTFORD COMMUNITY DANCE (HCD) CONTRA?

**We are a friendly and open dance community. Couples, singles, beginners, experts, young, old—all are welcome. Whoever you are, we invite you to come share the joy of contra dancing with us.**

### WHAT IS CONTRA DANCING?

**Contra is similar to square dancing; many of the calls are the same. We dance in long lines of couples as opposed to squares. Each couple follows the caller's calls, dancing with another twosome. After you and your partner have completed the dance calls with one couple, you dance the same calls with the next couple, progressing up and down the line. By the end of the dance you have danced at least once with every dancer in your line so that everyone gets a chance to dance with everyone else. It's a great way to meet people. Contra brings joy, laughter, and friends into your life; it is fun beyond words.**



**This dance form is done to live music—guitars, fiddles, and other instruments playing jigs and reels. A caller describes each dance before the dance begins. It's not difficult: you just need to know how to walk. And there's no need to bring a partner. You get to hear lively music, get some good exercise, and meet new friends.**

### ARE THE DANCES TAUGHT?

**There is a 15-minute lesson before the first dance to demonstrate and practice the various calls the caller will use. And then, once the dance begins, the caller demonstrates each dance, walking through the calls for that dance. Experienced dancers are always willing to help beginners.**

### WHO COMES TO THESE DANCES?

**People of all ages. Come alone or with a friend. One thing's for sure: you'll meet lots of new people. Typically, several of the folks at our dances are beginners. We welcome and encourage beginners at our dances.**

### DO I NEED TO COME WITH A PARTNER?

**Definitely not. Dancers are encouraged to circulate by switching partners for each new dance, therefore dancing with different people. This includes asking folks you don't know to dance. Of course, you can also stick with the same partner if you wish. If you come by yourself you will soon find yourself dancing with new friends.**

### WHAT SHOULD I WEAR?

**Wear clean, comfy, loose fitting clothing and comfortable, soft-soled shoes. High heels and flip flops should be avoided.**

### ARE THERE REFRESHMENTS?

**You'll find that the complimentary refreshments we provide halfway through our dances will more than adequately replenish your energy for the second half.**



**PLEASE INVITE YOUR FRIENDS TO  
HCD CONTRA DANCES**