

Recreational International Folk Dance Level 2

with Ilana Cohn

Recreational Folk Dancing is a wonderful social activity that is great low to moderate exercise for the mind and body. This class will provide instruction and practice of popular old and new folk dances with music from many countries around the world. The chosen dances are commonly done by folk dance clubs in varied cities along the East Coast and Canada, but primarily in Arden, DE, Philadelphia, New York, Pittsburgh, New Jersey, and Florida. The dances were choreographed by leaders who gathered research materials in small towns of Europe or Asia and recorded the music, so they could teach the dances to others. The underlying aim has been to create world peace by dancing together in one circle for International cultural understanding. The dances in this class may include more variety of steps or several parts. They will be reviewed each week and more dances will be added, depending on the group interest and ability.