International Folk Dancing

Judy Lachman

Fridays 3/4-3/25/2022

OLLI Illinois Classroom

Folk dancing is fun and enjoyable. It is good exercise and relieves stress. We will be learning four to eight dances during the four weeks of class. I will talk about the derivation of each dance and give an overview of the history of folk dancing. The primary focus of the class is dancing, so please wear comfortable clothing and shoes. Tennis shoes tend to catch on the carpet, so shoes with smoother soles are recommended. All dances that I teach will be non-contact, either in their original form or as modified for this class.

**Week One**

I will give an overview of the history of folk dancing around the world.

I will teach about the background of two dances, followed by a demonstration and teaching of the dance steps.

**Week Two**

We will review the dances taught last week. I will re-teach as necessary.

I will give an overview of the history of folk dancing in Europe.

I will teach about the background of two new dances, followed by a demonstration and teaching of the dance steps.

**Week Three**

We will review the dances taught in previous weeks. I will re-teach as needed.

I will give an overview of the history of folk dancing in South America or Israel.

I will teach about the background of two dances, followed by a demonstration and teaching of the dance steps.

**Week Four**

We will review the dances taught in previous weeks. I will re-teach as needed.

I will discuss the growth of the Folk Dance Movement in the United States.

I will teach about the background of two dances, followed by a demonstration and teaching of the dance steps.