

Welcome to NEFFA's Thursday Night Contras at the Scout House

We are a diverse community of friendly people who enjoy and promote the lively tradition of contra dance.

New dancers:

- WELCOME! And thank you for coming!
- You may ask anyone to dance or anyone may ask you. Either of you can accept or politely refuse.
- Ask experienced dancers to dance. You'll meet new people and learn faster.
- We encourage you to change partners with every dance. Dancing with different people throughout the evening is a valued tradition of contra dancing.
- Laugh off mistakes – your own and others.
- On moves like the swing and allemande, eye contact helps avoid dizziness. If it's uncomfortable for you, look at a shoulder, ear or forehead.
- Questions? Ask experienced dancers or committee members; we all want to help.
- HAVE FUN! That's what we are here for.

Experienced dancers:

- Dance with new folks, both beginners and visitors. Welcome them. They are vital to our community and our dance.
- Pay it forward: Dance in all sets.
- Ask people sitting out to dance.
- During a dance, assist people by gesturing in a friendly manner. Verbal instructions can be confusing.

Communicate:

- Please share comments, compliments, complaints or discomforts with committee members.
- If you have a preference for which role you wish to dance, feel free to open the conversation.
- Get consent for flourishes or for more energetic dancing (and remember that we have a "no aerials" policy; please keep one foot on the floor). Ask your partner:
 - "Do you like to twirl?"
 - "Do you like to swing fast?"
- Take care of yourself:
 - "I'm dizzy. Can we slow down?"
 - "My shoulder/wrist/hand hurts. Can we find a different/gentler way to swing/allemande?"
- If you have an injury, tell people verbally, or by wearing a brace, red bandana or badge.

Consider:

- We are a fragrance-free event. Please do not wear scented products.
- Be aware of and respect the physical needs, skill level, and energy of your partners and neighbors.
- We expect ALL of our dancers to respect our culture of consent. We all share the responsibility for a satisfying, safe, and successful dance. NEFFA does not tolerate inappropriate behavior.



The Thursday Night Dance Committee would like to thank those of you who contribute to our dance by welcoming new folks, dancing in different parts of the hall and participating in set up and clean up. We make this a great dance when we all work together.

Sponsored by the Thursday Night Dance Committee of NEFFA (New England Folk Festival Association)