

Salt Lake Scandinavian Dancers Present

Fall Workshops

Thursday-Sunday, October 10-13

Folk Dances from Norway



Featuring guest instructors Ginny Lee and Toby Weinberg

∞ Springdans from Hadeland ∞ Nordlandspols

♪ Music workshop ∞ Saturday Evening Dance Party \$5
\$50 dance; \$40 music; \$25 á la carte or student; \$5 children & family session
Prices if pre-registered by Oct 5; details on reverse and website



Main Location: Cottonwood Presbyterian Church

1580 East Vine Street, Murray, UT 84121

Sunday Location: Performing Dance Center, 2019 East 3300 South, SLC

Thursday Children & Family Dance: St. Paul's Episcopal, 261 South 900 East, SLC

Salt Lake Scandi Dance, sponsored by Sons of Norway

See <http://www.saltlakescandidance.org>





Salt Lake Scandinavian Dancers present

Folk Dances from Norway

Dance and Music Workshops ~ Thurs-Sun, October 10-13

Guest Instructors Ginny Lee and Toby Weinberg have been performing and teaching Norwegian dance and music together as part of the ensemble Vestafor for more than a decade. Toby is widely recognized as one of the leading hardanger fiddle players in North America. He is also an accomplished performer and teacher of other Norwegian instruments including ordinary fiddle, seljefløyte and munnharpe. As a dance and music teacher, Toby has a special interest in teaching the ways in which the music molds and enlivens the dance. Ginny, together with Mikkel Thompson, was the leader of the Nordahl Greig Barneleikarring for around 10 years. She has taught workshops and courses for adult and children's dance groups across the country both on her own and together with Vestafor. Ginny has been dancing all her life: first as a partner to her mother teaching dance, and for the last 20 years with a focus on teaching and performing Norwegian traditional dance.

This dance and music workshop will focus on two lively "bygdedans" (village dances) from Norway: Nordlandspols and Springdans fra Hadeland. These dances date back hundreds of years and have been danced in their respective regions continuously since then, as a "living tradition". Hadeland is a valley north of Oslo; the old Norse name means "Land of the Warriors." Nordland County, the narrowest part of northern Norway, is along its west coast and includes the Lofoten Islands. A pols is a 3-beat dance, similar to but predating the waltz.

Dance Instruction

Friday 7:30 - 9:30 pm
 Saturday 10:00 am - noon
 2 - 4 pm
 Sunday * 2 - 4 pm

Music Instruction

Thursday 7:30 - 9:30 pm
 Saturday 9 - 9:50 am
 1 - 1:50 pm
 Sunday * 1 - 1:50 pm

Allspel rehearsal

Saturday 4 - 5 pm

Dance Party!

Saturday 7:30 - 10 pm

Main Workshop Location:

Cottonwood Presbyterian Church
 1580 East Vine Street, Murray, UT 84121

* Sunday Workshop Location:

Performing Dance Center
 2019 East 3300 South, SLC, UT

Special Children and Family Dance - Thursday 7:00 - 8:00 pm

St. Paul's Episcopal Church, 261 South 900 East, SLC, Utah

Cost: \$50 for dance workshop and party; \$60 after Oct 5

Participants with instruments may attend music workshop for no extra charge

\$40 for music workshop and party; \$50 after Oct 5

Musicians participating in dance workshop pay dance fee

\$25 student full workshop and party; \$30 after Oct 5; (up to age 25 with current school ID)

\$25 á la carte for any Dance Session; \$20 Music; add \$5 after Oct 5 (students \$15)

\$5 per person or \$15 per family, Children and Family Dance on Thursday evening

\$5 Dance Party \$15 Workshop DVD

Information and forms: www.saltlakescandidance.org or email saltlakescandidance@gmail.com

Saturday Lunch and Dinner: Bring a sack lunch/dinner, or go to a nearby restaurant. See website for a list.

Before the workshop, if you'd like to brush up a Snoa/Schottis class is being offered. See website.

Dance workshops are recommended for ages 14 and over. Children are welcome at the Children and Family Workshop (*note location) and at the Saturday evening Dance Party; parents are responsible for their children.

