WV 4-H Dance Weekend
State 4-H Contact: Jenny Murray & Alex Coffman

PURPOSE: To enhance an individual's awareness of and skills in specific heritage and folk dances. To provide dance learning experiences that will challenge interested 4-H'ers at their skill level. To provide in-depth training for 4-H'ers to lead or teach heritage and folk dances.

WHO: 4-H'ers who are at least 12 years old by March 9, 2018 through age 21.

WHEN: March 9-11, 2018.
Camp registration will be from 6:00-8:00 p.m. on Friday, March 9th.
Camp closes at 10:30 AM on Sunday, March 11.

WHERE: WVU Jackson's Mill

COST: $100 from December 5, 2017 through January 12, 2018
$125 from January 13, 2018 through February 16, 2018

PRE-REGISTRATION: Pre-Registration Dance Class will be honored on a first come, first served basis. Each participant will select their choice for each of the six (6) workshops. Please note, if your choice is not visible, please make another choice for that time period. If you do not select a choice, the state office will choose one for you. No scholarships are available for this event. The postmark deadline for pre-registration is Friday, February 16, 2018. The participants will pre-register online (no paper registrations) for classes before they arrive for the weekend. No walk-ins accepted.

Register Online Now

REGISTRATION: Camp registration will be from 6:00-8:00 p.m. Participants will report to the Greenbrier Room (bottom of the Dining Hall) to check-in, see the nurse and get their meal band. Then participants will proceed to their cottages. Cottages will not be opened until 6pm. Each participant will be sent a letter of confirmation listing their cottage assignment prior to the event. Camp closes at 10:30 AM, Sunday, March 11.

COUNTY CHAPERONE RESPONSIBILITY: Counties will need to send one vetted 4-H adult volunteer to serve as a chaperone for every 10 campers attending from your county. Male chaperones are always in short supply, but so check with neighboring counties if you need help covering your camper/chaperone ratio. A basic understanding is that the chaperones are expected to remain in camp through the weekend, assisting the campers during classes and programs as well as staying in the cottages with the campers. Chaperones need to complete the State Camp Staff Application no later than January 12, 2018. Chaperones will receive communication prior to camp with training and additional information about their responsibilities during the camp. The state camp staff application, Code of Conduct and Health form must be completed prior to registering on site.

Counties must have all participants’ and chaperones’ paid in full online by Friday, February 16, 2018 to c/o Dance Weekend, 618 Knapp Hall, PO Box 6031, Morgantown, WV 26506-6031

REFUND POLICY: Request for refunds must be made in writing and faxed, postmarked or e-mailed to: 4-H Youth Development, Program Coordinator, 618 Knapp Hall, PO Box 6031, Morgantown, WV 26506-6031, rachel.griffith@mail.wvu.edu by February 16, 2018. NO REFUNDS will be made for no-shows. (There is a $15 refund processing fee. No refunds will be made for amounts less than $15 after deduction of the processing fee.)
Dance Class Descriptions

**Advanced Folk** – This class is for advanced or intermediate dancers looking to learn more advanced folk dances. It is recommended you take beginning folk dancing before taking this class.

**Advanced Square** – This class will require a partner and is for dancers that already have experience with square dancing.

**Beginning Folk** – This workshop is an introduction to the basic folk dances from various countries. This class does not require any experience and is highly recommended for first year campers.

**Beginning Square Dance Calling** – This class will teach you how to call simple square dances. It is recommended you have square danced previously.

**Clogging** – In this class you will start with the basics of clogging and working up to full dances. You will be dancing with partners in this class, but it is great for beginning dancers.

**Country Line** – Learn line dances to popular country songs. You will learn dances you can perform at the 4-H camp party or anytime you hear the song on the radio. Some old favorites include Watermelon Crawl, Chattahoochee, and Cotton Eye Joe.

**Dance Ambassadors Only** – This workshop is only for current Dance Ambassadors.

**Dance Camp Classics** – This is the class you want to take if you want to learn all of those dance camp favorites you will want to know for the Saturday dance. There is no experience required and this class is highly recommended for first year campers as well as those campers who want to brush up on the classics before the big dance.

**Dance Warmup and Conditioning** – This class will focus on preparing our bodies to spend the rest of the weekend dancing without injury. Learn stretches and conditioning techniques.

**English** – English folk dancing is a social dance which originated in England it is the ancestor of several other folk dances including contra and square dance. In this class you will learn traditional English folk dances, no experience is required and this class is recommended for beginning dancers.

**French** – Come to this class to learn traditional French folk dances. This class is great for beginners!

**German Austrian** – Folk dances from Austria are known as *Folkloretänze*, i.e. "folklore dances". Many dances include waltz and polka which can be danced to different tunes and are a form of round dance.

**Hip Hop** – Hip hop is a popular style of dance that originated in the Bronx in the 1970’s, but has roots that extend back through jazz and African dance and continues to evolve today. This class incorporates a variety of hip hop styles and techniques into a choreographed routine that is high-energy and fun.

**Irish** – Irish dancing is a group of traditional dance from Ireland which can be divided into two types: social dance and performance dance. You will learn social dances in this class.

**Latin Line** – Learn line dances to popular Latin songs. You will learn dances you can perform at your county 4-H camp or any time you hear the song on the radio.
Morris – Morris dancing is a form of English folk dancing based on rhythmic stepping and the execution of choreographed figures by a group of dancers typically wearing bells. Sticks and handkerchiefs are used in certain dances. This class requires a set of dancers.

Party Dances – This class is party classics such as the Cha Cha slide, Cupid Shuffle, Wobble, Electric Slide, Nae Nae and others. This class is recommended for beginners and does not require a partner.

Rapper Sword – Rapper Sword is a group dance for 5-6 intermediate-advanced level dancers. It uses flexible swords from the early industrial era of England. It is a variation of sword dance that emerged from the pit villages of Tyneside in North East England, where miners first performed the tradition. The dance requires five to six performers who coordinate themselves using rapper swords made from flexible steel. Mental alertness, in addition to physical agility is required in order for dance participants to effectively utilize the swords and perform in the correct manner.

Russian – Russian folk dance is an important part of Russian culture. In this class you will learn some of these traditional Russian dances that were influenced by many different cultures due to various Russian invasions through history. This class is excellent for beginners.

Scottish – Scottish dancing is a form of social dance involving groups of couples dancing intricate patterns. This is an excellent class for beginners.

Shag – The Shag is a dance best described as a slowed-down, structured version of the jitterbug. Many believe it grew out of “R&B” music from the 1930’s and 1940’s in combination with early Rock n’ Roll. The shag is most prevalent on the East Coast, especially in the Carolinas, and is thought to have sprung its roots in North Myrtle Beach, SC. In addition to the basic step, the most common steps are a start, male and female turns, a pivot and a belly roll.

Shag Basic Plus – While the Shag workshop teaches you the basic core steps to the Carolina Shag, this workshop will build on those core steps to take your dance up a notch. This workshop is for dancers that already have experience with shag dancing.

Spaghetti Rag* – The Spaghetti Rag is an advanced couple dance based on the two step. Dancers seldom learn this dance during one class period, as it is a challenge. We will spend the entire class learning this dance and you will need a partner. If you already know the dance, come enjoy teaching others while you refresh your memory. *Two Periods

Thriller – Want to learn to dance like Michael Jackson? Come learn the Thriller dance to the King of Pop’s classic song.

Traditional Square – This class is for beginning square dancers and teaches the traditional square dances. This class requires a partner.

Turkish – Turkish dance refers to folk dances from Turkey. Turkey has an ancient culture that is reflected in the variety of folk dances from the region. Dance traditions include line dancing influenced by the Ottoman Empire.

Waltz and Polkas – The waltz is a smooth, progressive folk dance performed primarily in closed position. The polka is a central European dance familiar through Europe and America. This class requires a partner and in recommended for any level of dancer.

Zumba – Zumba involves dance and aerobic elements. Zumba incorporates hip-hop, samba, salsa, merengue and mambo. This class does not require a partner and the traditional Latin music will be used during this class. No previous experience is required.
SCHEDULE

Friday

6:00 pm  Registration (Greenbrier Room)
7:30 pm  Introduction of Program/ Dance Assembly (Assembly Hall)
10:30 pm Snacks/Reflections
10:45 pm In Cottage
11:30 pm Lights Out

Saturday

8:00-8:50 am  Breakfast
9:00-9:50 am  Workshop 1
10:05-10:55 am Workshop 2
11:10-12:00 am Workshop 3
12:00-1:00 pm  Lunch
1:30-2:20 pm  Workshop 4
2:35-3:25 pm  Workshop 5
3:40-4:30 pm  Workshop 6
5:00-6:00 pm  Dinner
6:00-7:00 pm Prepare for Dance
7:00 pm  Live Band and Square Dancing Session #1 (Assembly Hall)
8:00 pm  Refreshments
8:30 pm  Live Band and Square Dancing Session #2 (Assembly Hall)
10:30 pm  Reflections
11:00 pm  In Cottage
11:30 pm  Lights Out

Sunday

8:00 am  Breakfast
9:00 am  Exhibition Dancing and Group Dancing
10:30 am  Safe Trip Home
### Class Offerings

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<tr>
<th>Class</th>
<th>Workshop 1</th>
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