



Fall Teaching Schedule September - December 2024

Teaching session format: 10 minute initial review of last week's dance. Followed by the introduction of main track dance, or if the skill level of dancers in attendance warrants it, review of main track dance followed by a teaching session for optional track dance.

Date	Teacher/Event	Main Track	Optional/Advanced Track	Objective/Notes	Review/Warmup
Sep 9	Joan	Slängpolska		musicality, leading basics, individual turns, weight balance with partner	swede-finn mixer
Sep 16	---	---	---	Nordia House unavailable	
Sep 23	Juanita	Schottis	fun variations: follow turns, heel slap, heel click. Schottis fr Oviken	couple turning, leading into turn, turning momentum strategies	Slängpolska
Sep 30	Allen	Springpolska fr Bingsjö	långdans warmup for rhythm reinforcement. CW stegvals	1-3 polska rhythm, L forsteg for follow, part of popular dance	Schottis, Långdans
Oct 7	Juanita	Snoa	Vossarull, Swedish vs. Norwegian svikt	pivot turn technique, polkett step	Springpolska fr Bingsjö
Oct 14	Lyle	Waltz	mixers, reverse waltz	starting and stopping turning motion, efficient turns	Snoa
Oct 21	Dave or Joan	Polska fr Bingsjö	Optional: Combined polska and springpolska dance	smooth polska step, military turn, R forsteg for follow, part of popular dance	
Oct 28	Harvest Ball	---	---	no teaching	
Nov 4	Lyle	Stegvals		cw & ccw turning, transition between directions	Polska fr Bingsjö
Nov 11	Juanita	Polka med Bakmes fr Kall		reinforces polkett, introduces syncopated bakmes	Stegvals
Nov 18	Dave or Allen	Åtabakspolska från Föllinge		1-3 turns, non-syncopated bakmes	Polka med Bakmes fr Kall
Nov 25	Dave or Allen	Hambopolska fr. Föllinge			
Dec 2	Lee & Juanita	Rorospols		style tips from springdans workshop, svikt	Hambopolska fr. Föllinge
Dec 9	Juanita	Busserull	Knut Arne's Reinlender		
Dec 16	The Teaching Team	Requested reviews	Hyfs	Selected reviews based on community feedback	Schottis fr Oviken, Knut Arne's Reinlender
Dec 23	TBD	TBD			
Dec 30	TBD	TBD			

*Schedule subject to change due to unforeseen circumstances. See norskerunddansere.org for updates.