



Winter- Spring Teaching Schedule 2025*

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

Date	Dance	Optional	Teacher	Objective	Comment
6 Jan	Knut Arne's Reinlender	Skrea fr Nor	Allen	Gentle starter dances	
13 Jan	Knut Dance			No teaching	Knut Dance
20 Jan	Hambo Fest		John	Basic instruction	Preceded by Hambo workshop at Sat Contra event, Jan 18. (John)
27 Jan	Hambo	Hambo Mixer	Dave/Allen or Michelle		
3, 10 Feb	Vossarull		Lee	Pivots, polkett, reverse polkett	
17, 24 Feb	Mellparing		Dave	schottis variant från Stugun	
3 Mar	REVIEWS	Mixer reviews			Cascade Promenade
10 Mar	Odina Jonssons Bakmes		Lyle		
17, 24 Mar	Telegangar		Kim or Allen	Leading skills, improvisation	St Patrick's
31 Mar	Schottis fr Delsbo		Juanita	Intermediate 3 part schottis, also known as Rundslänga från Delsbo	
7 Apr	Schottis fr Delsbo		Juanita		
14 Apr	REVIEWS				
21 Apr	Hambo från Oviken Svedåkers variant		Juanita & Allen	Technique for lead and follow during turning	
28 Apr	Hambo från Oviken Svedåkers variant		Juanita & Allen	Prep for Lillhardal	
5 May	Birthday Ball				Birthday Ball
12, 19 May	Boda Polska		Lee	Rocking motion during turn. Follow spiral up	
26 May	---			No Dancing	Memorial Day
2 Jun	Reinlender med Stigar	Dobbel Reinlender	Lyle		
9 Jun	REVIEWS				