

'Social Stepping' at Sidmouth Folk Week 2013

Traditional freestyle step dance in a social context

A series of participatory events based around the theme of social and freestyle step dancing organised by **Instep Research Team**

2nd – 9th August 2013

Improvised social step dancing was once common throughout the UK, this series of workshops and stepping sessions promotes this inclusive approach to traditional step dancing.

The workshops will be based on three English step dance styles: Southern stepping, Lakeland stepping and Lancashire street clog.



The sessions are open to anyone who wants to have a go at stepping in a friendly, social setting and musicians interested in playing for step dancing.



Open to all, from beginners to experienced step dancers.

Sunday 11:15-12:45pm

Bulverton Marquee
Event 313

Lancashire Street Clogging

Learn some easy 'heel & toe' clogging based on steps collected in South Lancashire. Open to all levels of experience, clogs are provided.

Alex Fisher, musician Bill Place.

Monday 6:30-7:30pm

Arts Centre
Event 478

Lecture: 'Recording Stepdancing in the South'

Chris Metherell plus dancers.

Wednesday 12:30-2:00pm

All Saints Church Hall
Event 633

Southern Stepping Workshop

Polkas, jigs, hornpipes, maybe waltz rhythms and putting steps into simple social dance figures.

Simon and Jo Harmer, Janet Keet Black, Kerry Fletcher. Musicians Jigfoot, Will Duke, Katie Howson, Dan Quinn.

Wednesday 8:00-10:30pm

Rugby Club
Event 689

Steppin' Time! Social Stepping Session with members of Instep Research Team

Music led by Jigfoot, Will Duke, Dan Quinn and Katie Howson.

All steppers and interested musicians welcome.

Thursday 12:30-2:00pm

All Saints Church Hall
Event 735

Freestyle Lakeland Step Dancing Workshop

Learn some simple Lakeland steps from Toby Bennett danced to traditional hornpipes played by Lakeland fiddle players Carolyn Francis and Scott Hartley.

Open to all comers. Hard soled shoes (or clogs)

Thursday 8:00-10:30pm

Rugby Club
Event 785

Social Stepping Session, Steppin' Time Again!

Hosted by Lakeland fiddlers Carolyn Francis and Scott Hartley with Jethro Anderson and members of the Instep Research Team.

All steppers and interested musicians welcome.