

## FAQ

1. What if I have never done any folk dancing before?
  - It's time to learn! Traditionally, people learned the dances of their culture as babes in arms. Thousands of people today are learning these dances as adults.
2. I have been told that I have two left feet; can I do this kind of dance?
  - With instruction that is geared to differing learning styles, an absence of competition or criticism, and lots of repetition, you probably can learn! Emphasis is on the *folk* of folk dance: dance of the 'folk'. People of engaged in folk dance for as long as people have lived in societies, and no one was excluded. It is meant to be a fun activity, not for performance, and therefore perfection is not expected.
3. I did some folk dancing back in high school a couple of decades ago. Will this be the same?
  - Most likely you did some of the same dances we do. You may even remember some, or the music will be familiar.
4. What kind of shoes do I need?
  - It is important to have comfortable shoes. High heels and spikes are not appropriate for folk dance. Shoes with soles that stick to the floor are also not a good choice.
5. Do I need to bring anything special?
  - It's a good idea to have your own 'hydration system', otherwise known as a water bottle.
6. Is this the same as square dance?

- No. Square dance is specifically done with 4 couples in a set, a square formation, done to the directions of a caller, to jigs, reels, or contemporary music. Although some consider it a type of folk dance, it is not what *Joie de Vivre Folkdancers* do.

7. Is this the same as line dancing?

- No. Although many folk dances are done in line formation, the genre of dance known as “line dance” is commonly associated with country western music and dance. Folk dances are done in many formations: line, circle, open circle, longways sets, couple, etc.

8. Who does this kind of dance?

- People that enjoy diverse musical styles, rhythms, moving to music, learning about the cultures of the world, experiencing the cultures of the world, being around happy people...

9. But I’m Canadian! Can I do dances from other cultures?

- Absolutely! We are all from somewhere, and dance is the universal language that bridges cultures. Many steps, rhythms, and patterns are commonly found in diverse countries.

10. Why do people folk dance? For many reasons:

- it makes travel so much more exciting!
- it helps you to relate to people of other cultures
- it strengthens and creates bonds between diverse peoples
- it unites people in a common pursuit
- to discover your own roots

- to learn new ways to celebrate life
- musicians can experience and discover new rhythms
- to challenge yourself physically and mentally
- to develop social capital
- for fun and frolic!