

What is Contra Dancing?

Contra dancing originated in England several hundred years ago. It is an evening of fun, no-pressure dancing to traditional music played by a live band. You will join dozens of other dancers moving together with easy walking steps, to directions from a caller.

Do I need a Partner?

NO. Everyone is welcome – singles, couples, young, and old. We encourage everyone to change partners between dances to meet new people and make new friends. You dance with the other people in your line in addition to your partner, so by the end of the evening you will have danced with almost everyone.

Do I have to know how to dance?

No again! If you can walk and count to 8, you can be a contra dancer. Most contra dances are just different combinations of about a dozen basic walking steps. There is no fancy footwork. The caller walks you through each dance before you begin, and then prompts you during the dance. It is easy, and you'll have fun meeting new people while you learn.

What do I need to participate?

Energy and a smile! Wear casual, comfortable, cool clothes. Men typically wear T-Shirts and jeans or shorts. Most women wear blouses or T-Shirts and long "prairie" or "broomstick" skirts. Good supportive shoes are recommended.

The North Texas Traditional Dance Society



**Invites you to a Dance
LIVE MUSIC**

Fun for ALL Ages

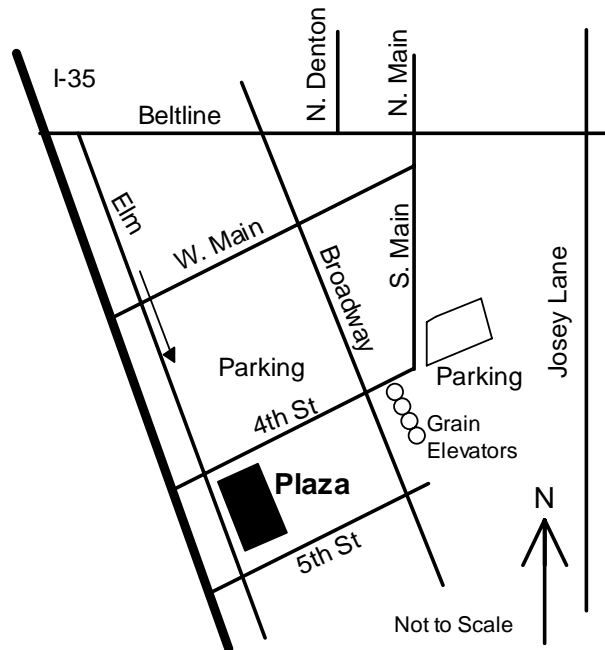
No Partner Needed

No Smoke or Alcohol

No Experience Needed

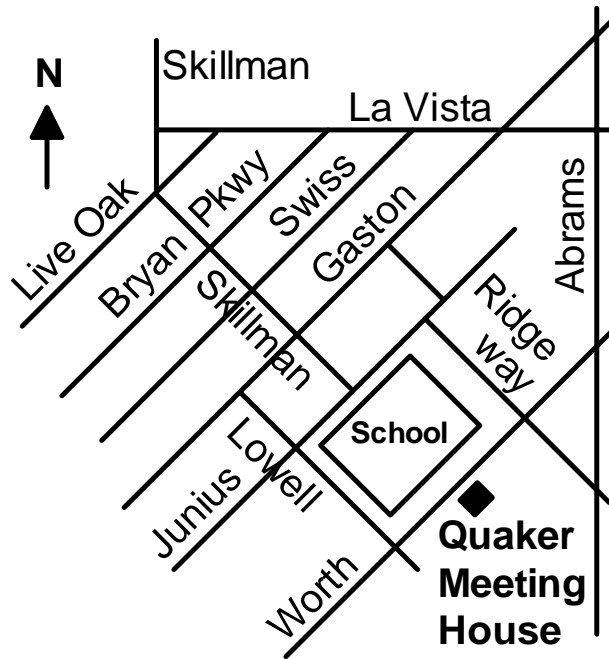
Barn or Contra Dances

- Live Music
- Contras, Circle Mixers, Squares, Couples Dances (Waltz, etc.)
- 1st, 3rd, and 5th Saturdays
- 8 – 11 pm, come early for a beginner workshop
- \$6 members, \$8 non-members
- Plaza Arts Center
1115 4th Ave, Carrollton,
on the Town Square
(Mapco 12 C)



English Country Dances

- Recorded Music
- Genteel English dances, like in the movie Pride and Prejudice, etc.
- 4th Saturdays
- 8 – 11 pm
- Donation
- Quaker Meeting House
5828 Worth St
(Dallas, Mapco 36Y)



Performance Group

NTTDS has a performance group that does demonstrations at various cultural and social events. Invite us to your next event! The program can include crowd participation (preferred) or can be demonstration only, with either live or recorded music.

Who Are We ?

The North Texas Traditional Dance Society (NTTDS) was chartered in 1986 as a non-profit educational organization to promote a better understanding and appreciation of American folk dancing, its music, its history, and related folklore. We are a group affiliate of the national Country Dance and Song Society. We are an all-volunteer group, based in Dallas.

Contact Information

Performance group:

Linda Mrosko
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Information, schedule, etc.:

Website: <http://www.nttlds.org>
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