



Instep Research Team

www.InstepRT.co.uk

Instep and Friends at Sidmouth Folk Week 2014

An exciting series of step dance events run by Instep Research Team and friends

Workshops | Talks | Step dance sessions | Website Launch

MONDAY 4th AUGUST	
9.30-11.00 Sidmouth C of E Primary School Classroom	PLAYING FOR STEP DANCING Katie Howson covers general principles for musicians wanting to play for step dancing including repertoire, style, etiquette and relationship with dancers, informed by her experiences of playing for step dancers in East Anglia and beyond.
1:00-2:30 pm Blackmore Gardens Marquee	STEPPING IN SOCIAL DANCE Traditional social dances involving stepping, from around the UK taught by Chris Metherell of the Instep Research Team. Dances and steps collected from the oral tradition will be used as a basis for participants to use step material to enhance their social dance experiences. Open to all. Hard shoes (not rubber soles) are best.
3:00-4:30 pm Blackmore Gardens Marquee	SOUTHERN STEPPING WORKSHOP Informal step dancing, based on Southern English styles, led by Jo and Simon Harmer and Janet Keet-Black, with Jigfoot. Stepping to different rhythms, in simple social dances. Open to all. Hard-soled shoes. Linked to Instep workshops and Steppin' Time sessions.
6:30-7:30 pm Arts Centre	INSTEP RESEARCH TEAM WEBSITE LAUNCH The Instep Research Team has been collecting clog and step dance related material since 1980, and has recently decided to make the entire collection of published and manuscript material, together with photographs and many hours of video available free on the Internet. The demonstration of the resource will be accompanied by a presentation on the work of the team and its plans to make available further collections.
8:00-10:30 pm Rugby Club	THE RUGBY CLUB SESSIONS – "Steppin' Time" A chance for steppers of any persuasion to get together and dance informally as individuals and in social dances. Musicians interested in playing for stepping welcome. Open to all, especially step dancers and interested musicians. Not regional. Clogs, taps and shoes welcome.
TUESDAY 5th AUGUST	
1:00-2:30 pm Blackmore Gardens Marquee	CLOG STEP WORKSHOP "Breaking from routine" Toby Bennett and Simon Harmer of the Instep Research Team will be encouraging dancers to free up their clog step vocabulary to develop skills and confidence in dancing freestyle for example in sessions and in social dances such as reels. Intermediate and above, wear clogs.
WEDNESDAY 6th AUGUST	
5:00-6:15 pm Blackmore Gardens Marquee	DARTMOOR STEPPING WORKSHOP Matt Norman and Chris Metherell come together to teach steps from Dartmoor reflecting current styles and steps collected from older dancers.
THURSDAY 7th AUGUST	
3:00-4:30 pm Arts Centre	PRESENTATION: SOCIAL STEP DANCING "Encouraging and promoting social step dancing in East Anglia and along the South Coast." An illustrated presentation through which Katie and John Howson of the EATMT and Simon Harmer describe their experiences of supporting, researching and re-invigorating step dancing in their areas.
8:00-10:30 pm Rugby Club	THE RUGBY CLUB SESSIONS – "Steppin' Time" A second chance for steppers of any persuasion to get together and dance informally as individuals and in social dances. All musicians interested in playing for step dancers welcome. Open to all, especially step dancers and interested musicians. Not regional. Clogs, taps and shoes welcome.
FRIDAY 8th AUGUST	
3:00-4:30 pm Sidmouth C of E Primary School Hall	REELING: THE CORNISH PICTURE with Carmen Hunt in association with the Instep Research Team. An exploration into the world of reeling in Cornish step and social dance. From the 3 Hand Reel to Reels in Furry dances.