

CONTRA RESOLUTION !



That's right, make a CONTRA RESOLUTION! to start the year off with a CONTRA DANCE.

The MULETONES are inviting you to come out and kick up some dust on the dance floor.

Next Friday, January 15th, 7:30 pm lessons, 8-10:30 pm dance

Mesilla Community Center, 2251 Calle de Santiago, Mesilla NM

Map/2016 schedule at www.snmmds.org

If you are trying to decide whether to try contra, here are some good reasons:

- Live acoustic music accompanies the dance.
- You are looking for something NEW and EXCITING.
- Learn a few quick basic steps. Then a caller will lead you in dances.
- You don't need a partner. Mixing is part of the Contra-culture.
- By the end of the dance, you'll have danced with everyone in the room.
- Think about the calories you'll burn at 120 steps per minute, dancing in time to the music.
- Refreshments, and an opportunity to meet new friends.
- Contra carries on a live tradition that dates back to the 17th century French/English, and is similar to square dancing.
- And, it's **REALLY, REALLY FUN !!**

Upcoming Mesilla Contra Dances

February 19 – Bayou Seco and Friends with caller Lonnie Ludeman

March 18 -- Melanie Axel-Lute, caller from South Orange, NJ and the Little Table Contraband

April 15 -- Cheap Shots band from Albuquerque with Lonnie

May 20 -- Little Table Contraband with Lonnie

May 27-30 NM FolkMADness Music & Dance Camp in Socorro, NM

MARK YOUR CALENDARS – THIS IS A TERRIFIC LINE-UP OF TALENT!

Tomorrow, **January 9th BREAKING UP CHRISTMAS Community Dance**



7-10 pm at the Old Elks Lodge (behind Vicki's Eatery), 315 N. Texas St, Silver City

Music by the lively Big Ditch Crickets.

Contra and circle dances, waltzes, polkas, schottisches, and much more. Adults \$5, children free, fun for the whole family. Great wooden floor and atmosphere.

Call Julie if interested in going: 575-522-1691.

Beginning INTERNATIONAL FOLK DANCE CLASS

Here is something else you can try in the new year –

Thursdays, January 21-February 11, 6-7 pm, a 4 week course taught by Julie and Carolyn, both contra dancers and long-time folk dancers, through Dona Ana Community College.

Challenge yourself to learn new rhythms and dances from Eastern and Western Europe and other countries. Many dances are done in lines or circles, with sequences that are easy to moderate and slow to quick in rhythms. No partner needed. Once you learn the basic steps, you can enjoy many more new dances with the Mesilla Valley International Folk Dancers. Special country favorites are Greece, Romania, Israel, Serbia, Turkey. Come join us. Course # MD111. Details online at DACC Spring catalog, <http://dacc.nmsu.edu/comed/> or 575-527-7527.



Carolyn leading, Julie demonstrating folk dance steps.

See feature article Dec 20, 2015 Las Cruces Sun-News:

<http://www.lcsun-news.com/story/life/sunlife/2015/12/20/community-spotlight-international-folk-dancers/76808768/>

1st & 3rd Sundays, Bluegrass, Folk and Country Jam, 2-4 pm

All players, any experience level, are welcome. Drop in for the jam, share a tune, bring a musical instrument, newcomers welcome. Where: Lobby of O'Donnell Hall (corner of Stewart & Williams Streets on NMSU campus). Info: 575-526-5174 or 575-405-1290.

COME OUT AND ENJOY A CONTRA – JOIN THE FUN – NEXT FRIDAY.

Julie