

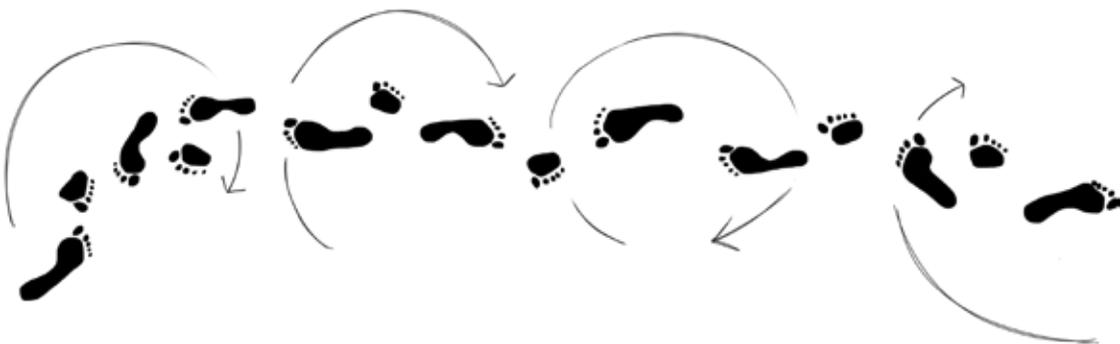
# Balfolk dansstage 2021

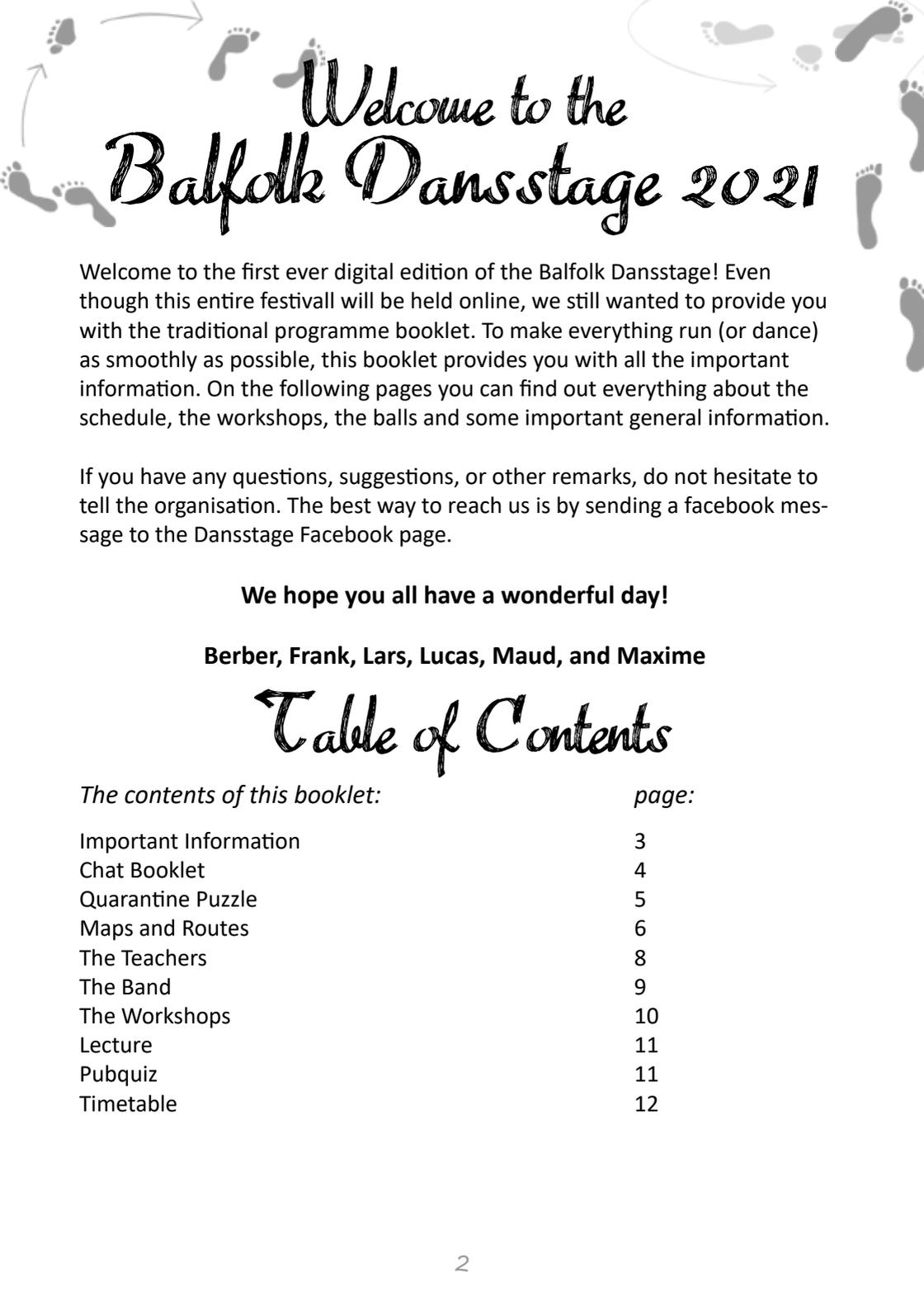


May 8, 2021

Digital Edition

[www.dansstage.nl](http://www.dansstage.nl)





# Welcome to the Balfolk Dansstage 2021

Welcome to the first ever digital edition of the Balfolk Dansstage! Even though this entire festival will be held online, we still wanted to provide you with the traditional programme booklet. To make everything run (or dance) as smoothly as possible, this booklet provides you with all the important information. On the following pages you can find out everything about the schedule, the workshops, the balls and some important general information.

If you have any questions, suggestions, or other remarks, do not hesitate to tell the organisation. The best way to reach us is by sending a facebook message to the Dansstage Facebook page.

**We hope you all have a wonderful day!**

**Berber, Frank, Lars, Lucas, Maud, and Maxime**

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# Important Information

## *General information*

- If you have any questions, suggestions, or other remarks, do not hesitate to tell the organisation. The best way to reach us is by sending a Facebook message to the Dansstage Facebook page. As the entire event will be hosted through Facebook Live, most of us will be glued to our Facebook anyway. If you can't or don't want to use Facebook, you can also e-mail us, although we might need a little more time to respond to that. Our e-mail address is: [dansstage.enschede@balfolk.nl](mailto:dansstage.enschede@balfolk.nl).
- For technical reasons, every part of the programme has its own Facebook event, where you can join the livestream. The direct links to all the streams will be posted in the main event, where the opening speech can be found.
- Unfortunately Facebook doesn't allow us to delete messages from the chat. In every livestream there will be a member of the Dansstage organisation to answer your questions, but there might also be some spam. We apologize in advance for the inconvenience.

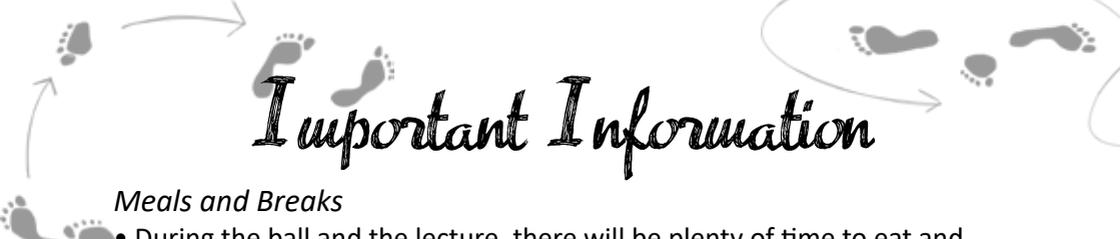
## *Donations*

- Because the organisation of the Dansstage believes in giving teachers and musicians a fair fee, you can donate to this event. The profit will go directly to the teachers and musicians performing at this digital edition.

There are two ways to donate.

- o You can donate via paypal, where you can donate with your name visible or anonymously. We only use one paypal-link. You can find it on our website and in the description of each facebook-event / livestream.
- o You can also donate via bank transfer using the information below. Please mention in the description that it's for the Balfolk Dansstage Digital Edition.  
Name: Stichting Balfolkfabriek  
Iban: NL88 RABO 0346 6072  
BIC: RABONL2U

- Please only use the two methods above. Other requests for donations are most likely scams!
- On behalf of the teachers and musicians thank you for your donation!



# Important Information

## Meals and Breaks

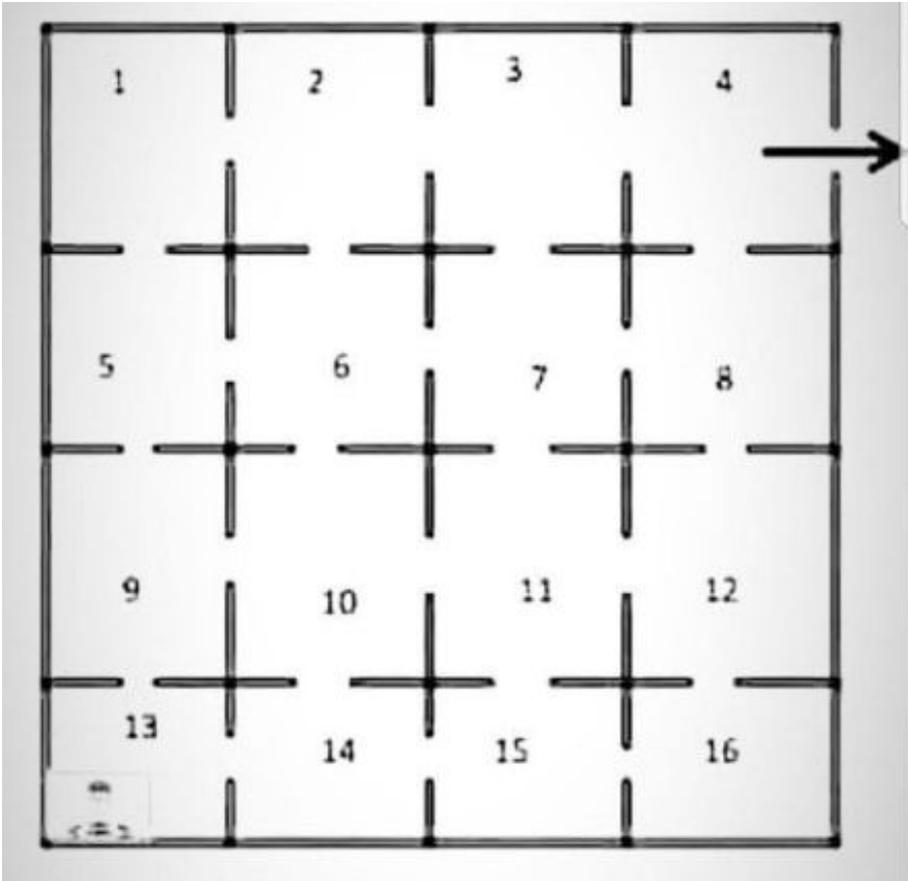
- During the ball and the lecture, there will be plenty of time to eat and drink while listening to the programme. Truus unfortunately doesn't make house calls, but we will put a recipe for vegetarian lasagne online for those of you who want to approximate the Dansstage-experience as much as possible.
- We will try to make each part of the programme last about 55 minutes instead of the full hour, so everyone has enough time for a bathroom break and/or a refill of the glasses in between the activities.
- If you don't need the five minute breaks, feel free write down your favourite Dansstage memories in the chat, post pictures of your at-home dansstage experience, or react to all the crazy fun happening on the event page. The slightly altered Ball Booklet below might help.

## Chat Booklet

Memory	Moment	With who?

# Quarantine Puzzle

A hospital has 16 isolation rooms. Each room has a patient with a different illness. The patient in room 13 recovers and wants to say goodbye to each patient. He can only visit each patient once. If he visits a patient twice, he becomes ill again. How does he do this and exit from room 4?

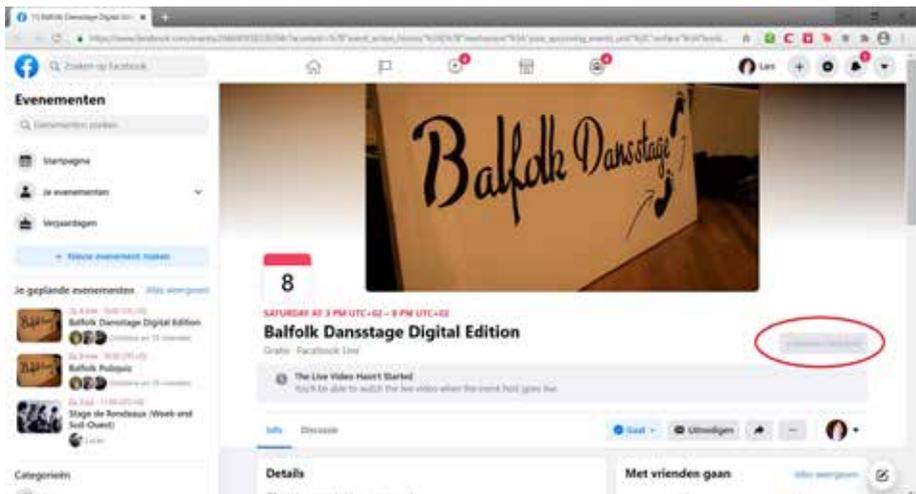


# Maps and Routes

Navigating Facebook can be just about as complicated as navigating the UT Campus. Therefore we provide you with an overview of how to get to the workshops and other activities!

## *The Lazy Way*

1. Go to the Balfolk Dansstage Digital Edition event on Facebook. (This is the main facebook event you can find on our website.)
2. Click 'Watch Livestream' to listen to the Official Welcome Speech.



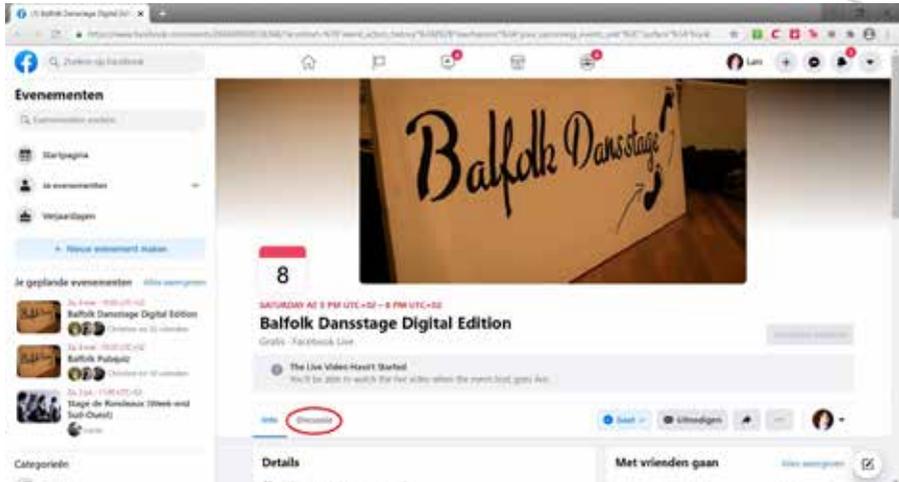
3. Read the chat. The Dansstage Facebook account will post a direct link to the next livestream as soon as the speech has ended.
4. At the end of each part of the programme the link to the next activity will be shared in the chat, so you can repeat this for the entire festival.

## *The Other Way*

1. Go to the Balfolk Dansstage Digital Edition event on Facebook. (This is the main facebook event you can find on our website.)
2. Click 'Watch Livestream' to listen to the Official Welcome Speech.
3. Go back to the Balfolk Dansstage Digital Edition event on Facebook.

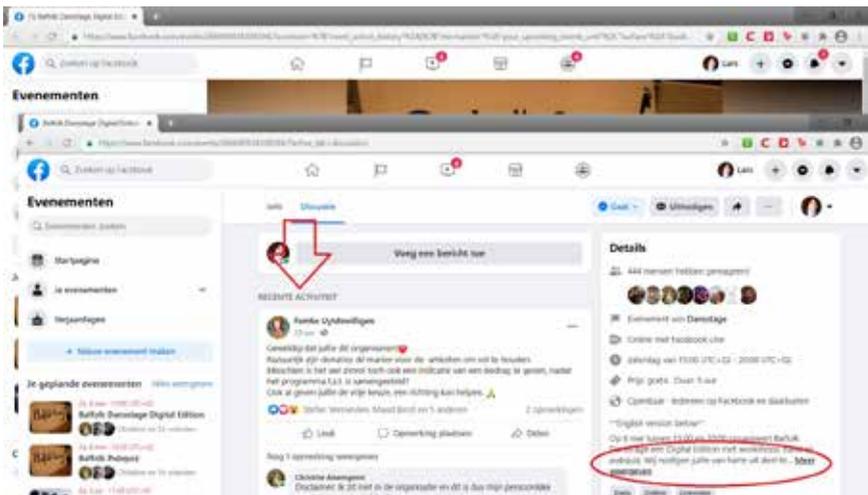
# Maps and Routes

4. Click 'Discussion'.



5. The link to the next livestream can be found under 'Recent activity' (see red arrow below).

6. You can also find the links in the event description. Click 'view more' to see the complete description (see red circle below).



7. If you get lost, you can always return to the main facebook-event by clicking the link in the event description of any of the parts of the programme.



# The Teachers

## *Elena Leibbrand (BE)*

Elena founded her own dance school EléDanse in Belgium in 2018, to pass on to others what makes folk so special to her, namely that subtle combination of human warmth, exploration of movement, precision and tradition of the form/style, improvisation and playful atmosphere!

She has been trained in a range of dance styles since 1995, from traditional to social and contemporary dances. She enjoys both the great potential for improvisation in modern “folk”, as well as the specific beauty, precision, and connection to a territory of “traditional” dances. She has a soft spot for bourrées, waltzes, collective dances in general, and the dances from the south-west of France.

## *Emelie Waldken (CH/SE)*

Emelie has wished to dance since she could walk, but for many years it was through music that she expressed herself. When she discovered balfolk in her early 20s, it quickly became an obsession. While she was at the Eric Sahlström Institute and Malungs Folkhögskola in Sweden, she practiced the scandinavian folk dances for hours, weeks, months! As a dance teacher, Emelie believes in balance and feeling, finding your own speed and movement, and focusing on the intention and the understanding rather than the external result. And she most of all believes in enjoying the dance, no matter the level. Emelie will design a workshop for us that is tuned to dancing online from home. The details are still under construction, but rumor has it that it might involve furniture...

## *Sophie van Grinsven (NL)*

Sophie van Grinsven works as a teacher and choreographer within the contemporary and improvisation dance world. She has a broad experience teaching not only contemporary dance, but also classical ballet, ballroom and contact improvisation. Her extended background is put to work to show students of all ages the many ways to Rome in the world of the performance arts. Sophie leads various (improvisation) dance projects and strives to give everybody a fair chance to learn to express themselves through the arts within their own capacity and using their strengths.



# The Teachers

## *Koen Dhondt (BE)*

Koen was introduced to dance at the age of eleven. In 2001 he discovered folk dance while studying in Portugal. Since then he participated in several dance festivals and stages every year and developed his own way of dancing and teaching. To contribute to the development of the Belgian folk scene, he has been teaching weekly dance classes in Brussels since 2002. Koen founded the dance association Frisse Folk that also organizes folk bals. He taught workshops at many festivals and stages in and outside of the Low Countries. From the very first Dansstage in the Netherlands he has been popular amongst the Dutch dancers and we are very happy he is a regular guest at the Dansstage.

# The Band

## *Nachtmuziek (NL)*

Two musicians from the Netherlands decided to combine piano and trumpet, in the most subtle way possible – most of the time. Frank van Vliet and Tim de Man will touch you with their music, meant for the night. Nachtmuziek will be performing during this special Dansstage edition, bringing us music to dance and listen to.



# The Workshops

Below you'll find a description of the content of the workshop levels and the required experience. Usually we offer several workshops with different levels at the same time, ranging from level 1 (beginner) to 4 (far-advanced). This year the workshops are suited to all levels, except for the workshop by Emelie, which has some prerequisites. You don't need a partner for any of the workshops, although it might be fun to do some of the exercises together.

## *Block 1: 15:30-16:30*

*Improvisation is life* by Sophie, all levels

Our whole life is one big improvisation! We play with the rules, we change what is necessary to be able to have a good time, all of this is improvisation! But, do you use this skill on the dance floor? In this workshop we take a look at dance improvisation and what it can bring us. We'll start with a slow and easy warm-up, to wake up the body from the long winter slumber. We will explore which movements work with your body and discover how you can enjoy dancing by yourself. At the end of the workshop you will have some basic knowledge of dance improvisation, which will help you to move on music wherever you are, or whenever you haven't learned the steps of a dance yet, or whenever you don't want to dance in a group or couple dance but still want to enjoy the music while moving.

## *Block 2: 16:30-17:30*

A: *Carnival de Lantz* by Elena, all levels

The Lantz Carnival Dance is a fast-tempo binary dance from the Basque Country, which is danced at folk balls and Basque festivals. Lantz Carnival is a rural Basque carnival. It takes place from the eve of Ash Wednesday to Mardi Gras in the small village of Lantz, in the Ultzama valley north-west of Pamplona in Navarre. The richly disguised carnival procession circles the village, counterclockwise. The musicians bring up the rear, playing the "Carnival of Lantz" on the txistu (three-hole flute) and the tambourine.

(Very practical in the time of the corona, because inside the procession each dancer dances individually)



# The Workshops

B: *Nordic Doorframes & Menuett* by Emelie, level (2,) 3 & 4

Scandinavian folk dances can be tricky without a partner, enough space to make your turns nor a good floor... but there are still many ways to enjoy these nordic delicacies ! This workshop will go through some basics of norwegian halling and swedish slängpolska, but with the constraint of limited space and unusual textures under our feet. Once warmed-up, we'll learn swedish menuett, which is a perfect dance in these troubled times as it can be danced solo aswell as in duo and group, with distance and on grass, concrete, stone, you name it !

*Prerequisites:* Some years of dance experience but not specifically nordic dances (menuett can be tricky for beginners). A doorframe.

## Lecture

*Block 4: 18:30-19:30*

*Folk, folklore and traditional dance*

*Where do we come from and where are we going to?* by Koen

Koen Dhondt will briefly present the evolution of popular dance and describe the different characteristics and mindsets in folk, folklore and traditional dance. This comparison can help us to appreciate and to question some things we take for granted in our own dance community. What is the impact of Japanese tourists on the evolution of dance? Do we really want a beautiful lawn? And did we really save the bourrée? Be prepared to learn more than you expect

## Pubquiz

*Block 5: 19:30-20:30*

*Balfolk Pubquiz* by Lars & Christine

Win fabulous prizes with an online Balfolk Pubquiz! There will be questions about balfolk dances, the Dansstage and random other subjects. You don't have to be an expert dancer and/or frequent visitor of the Dansstage to answer (most of) the questions. This quiz is for everyone to enjoy!

*Preparation:* You can join individually or in a team of up to 4 people. Please make teams before the start of the event.



# Timetable

Time	Activity	
<i>Block 0</i> <b>15:15-15:30</b>	<b>Official Welcome Speech</b> <p style="text-align: right;">by Lars</p>	
<i>Block 1</i> <b>15:30-16:30</b>	<b>Improvisation is Life</b> <i>Online Dance Workshop, all levels</i> <p style="text-align: right;">by Sophie</p>	
<i>Block 2</i> <b>16:30-17:30</b>	<b>A:</b> <b>Carnaval de Lantz</b> <p style="text-align: right;">by Elena</p> <i>Online Dance Workshop, all levels</i>	<b>B:</b> <b>Nordic Doorframes &amp; Menuett</b> <p style="text-align: right;">by Emelie</p> <i>Online Dance Workshop, level (2,) 3 &amp; 4</i>
<i>Block 3</i> <b>17:30-18:30</b>	<b>Nachtmuziek</b> <i>Online Ball</i>	
<i>Block 4</i> <b>18:30-19:30</b>	<b>Folk, folklore and traditional dance</b> <b>Where do we come from and where are we going to?</b> <p style="text-align: right;">by Koen</p> <i>Online Lecture</i>	
<i>Block 5</i> <b>19:30-20:30</b>	<b>Balfolk Pubquiz</b> <p style="text-align: right;">by Lars &amp; Christine</p>	

Note: We will try to make each part of the programme last about 55 minutes instead of the full hour, so everyone has enough time for a bathroom break and/or a refill of the glasses in between the activities.