

Contra Dance at UNM!



ALL students & UNM faculty/staff
— FREE (with ID) —

All are Welcome! Live Music! Dances Taught!

Fridays

Oct 2, Oct 23, Nov 13, Dec 4
Dance 7 - 10 pm

Interested in being a member?
Meeting (with snacks) 6 - 7 pm

— SUB 2nd Floor —

No partner or experience necessary.

All dances are taught, learning as we go!

New Mexico Folk Music and Dance Society
UNM Student Chapter — UNMcontra.org

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The Folk Music and Dance Society (FolkMADS) UNM Student Chapter aims to share the joy of traditional folk music and dance with UNM students, faculty, and staff and with the larger community.

Members of FolkMADS-UNM have the opportunity to learn how to call dances, play in a dance band, set up sound equipment for live music, and organize, advertise, and operate successful community music and dance events. Members also have the opportunity to work with our affiliated nonprofit organization, New Mexico Folk Music and Dance Society, and learn what it takes to run a successful nonprofit.

Contra dancing, square dancing, and English country dancing are social forms of folk dancing that derive from traditional western European social folk dances. These forms of dance are easy to learn and lots of fun! Dancing together in community promotes healthy hearts, minds, and bodies by allowing us to connect physically and emotionally in a safe and friendly environment. Make friends, stay fit, and have fun folk dancing!

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