

Dance:

Friday 4.00-5.00pm

“Appalachian Flatfoot”

Tutor: Sara Marshall-Rose & the Newtowners

Description

Flatfooting is one genre of step dancing emanating from the Appalachians. Learn how to step out fun rhythms to accompany old time music (a form of traditional American music). Colm Daly & Kathy Marsden will provide the music, bring your hard soled shoes. All levels from the curious to the seasoned are welcome

Sara Marshall-Rose

She is a champion flatfoot dancer with many years experience of teaching and performing. She dances with the Old Time band Buffalo Gals and loves bringing her passion and energy to inspire dancers at all levels. Whether you are new to flatfooting or have been dancing a while, this is your opportunity to come along and step it out. Wear hard-soled or tap shoes if you have them. She is also a dance and movement specialist and deeply passionate about the art of movement. Her own personal journey has enabled her to embody many benefits that dance offers. She grew up around English folk music and dance, the social and inclusive element of this style of dance has always influenced her approach to dance.



Class ID #04



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