Contra Dancing at Champlain Valley Unitarian Universalist Society (CVUUS)

Contra dancing involves walking or skipping to music and following instructions given by the caller. At CVUUS the caller teaches each dance before the music begins. No experience is necessary, and partners change over the course of each dance (you meet new people). It doesn't matter whether you arrive alone or with others. At CVUUS, we avoid the gendered terms ("ladies" and "gents") so everyone is welcome and everyone can dance with everyone else. CVUUS contra dances are open to the public and to people of all ages.

CVUUS offers "true" contra dances – those with two parallel lines of dancers – as well as other social folk dances involving circles or squares. The usual caller, Richard Hopkins, has decades of experience teaching and calling contra dance.

CVUUS holds contra dances on the wooden floor of the sanctuary three or four times each year. The live band, "Northern Sugar," includes CVUUS members and other musicians in the community. The composition of the band varies. In addition to fiddle(s), guitar, and piano, it has sometimes included cello, banjo, mandolin, flute, clarinet, and drum.

Parking: Some parking is available on-site at CVUUS. Plenty of additional parking is available in the nearby Middlebury Union High School parking lot.



