

Head for the Hills, November 7-9, 2025 [03Oct2025]

* *Denotes that these sessions welcome other musicians to join in.*

Mini-waltz Workshop	Tune up your waltz with some quick pointers and get into the whirl of the weekend.
Couple Dancing*	A small pickup band plays in the middle of the dance floor as couples whirl around them!
Welcome Contra Dance	Dance to the Head for the Hills Pick Up Band, led by Michael Bell!
Do-It-Yourself English*	Make your own English dance entertainment. Come prepared with a dance you'd like to call or bring an instrument to play with the pick-up band or just come to dance.
Late Night options	Rise Up Singing Sing-Along & Rise Again: Bring your Rise Up books and join your voice with others singing along to an inspiring guitar <i>or</i> come to the Campfire and roast marshmallows!
SATURDAY A.M.	
Qi Gong Part I	Breathwork and energy activation; gentle Five Element stretches to start your day.
Contras: What a Difference a Tune Makes	We'll explore how the music can impact the feel of a dance. Come to dance or just to listen.
English Dancing for All	Explore the many moods of English Country Dance, with glorious music ranging from dreamy to driving. We'll dance some favorites, and some less common choreographies. Everyone welcome.
Juggling for All	If you've always wanted to know how to juggle, or even mastered a three ball Cascade, this is the workshop for you. I'll have balls & clubs & instruction on the basics for each. If you already know how to juggle, come and learn to pass or learn a few new tricks.
Appalachian Clogging	Learn some Appalachian clogging steps, percussive dancing to the driving rhythms of old-time music. A uniquely American dance with Celtic, African and Cherokee roots that go way back in Southern Appalachia. Wearing sneakers is fine. (Or low-heeled taps or leather shoes that slide.)
Large Set Dances – Intermediate Contrás	There are other large set dances besides Dutch Crossing. We'll focus on Rod's Quads, New Parliament Jig and more. There will be a sign up to ensure that we have enough (or more) dancers to be successful.
Singing with Imogen	Learn songs by ear with harmony. We will learn a few songs and choose one to perform at the Ceilidh.
English Rapper Sword Dancing - ages 10 & up	The dancers will be connected to each other with flexible sprung steel swords and will work on moving together through different types of figures. All are welcome, regardless of previous experience.
((1,2,3) (1,2,1,2)) ² Playing Zwiefachers	Come learn to play these magical tunes combining waltz & polka rhythms into captivating patterns. Then, join the Zwiefacher Orchestra to play for the dance workshop on Sunday.
SATURDAY P.M.	
The Big English	Join Robert Mills and A Joyful Noise for an assortment of English country dances including historical and contemporary gems. Skill level is Intermediate and beyond.
Sing 'n' Swing	Just Because you're Goin' Down South on The Trail of the Lonesome Pine to do that good old Louisiana Swing doesn't mean you can't look Down Yonder and see the Smoke on the Water When You're Smiling. Some good old singing squares. Some experience needed. Not much teaching and lots of dancing.
Beyond the Tune-What to Do...	There is the tune and the chords - but what else? A discussion and workshop with the members of Brooklyn Swing Ensemble on what else. Ways to support and vary the dance music....
Mending and Darning	We will show you mending techniques, invisible or decorative & help you with a mending project. We will bring equipment and supplies. You bring items of clothing or other textiles that need mending.
Cocktail Party Prep	Get ready for the cocktail party with intros and flourishes to Tango, Swing & Waltz music.
Shape Note Singing	Join us in an American choral tradition that stretches back to the colonial period: four-part harmony, exuberant lyrics and a unique notation to make the pitches easier to read. NEW THIS YEAR: "NEW" BOOKS! All skill levels welcome and hymnals provided — come to sing or listen!
Moth-Style Storytelling	Explore and practice the art of crafting stories based on real life experiences.
Contra Medley	Almost 30 minutes of non-stop contra dancing.
Cocktail Party	Swing dance to <i>The Hills Brothers</i> and munch on Potluck delights with your favorite quaffs.
The Ceilidh	After-dinner variety show put on by all of you. MC'd by Imogen Mills & Grant Yost.
Couple Dancing*	A small pickup band plays in the middle of the dance floor as couples whirl around them!
Saturday Contra Dance	Dance to the music of Brooklyn Swing Ensemble with callers Donna Hunt & Michael Karcher.
Late Night DIY	Play or dance waltzes* <i>or</i> Rise Up Singing Sing-Along <i>or</i> Campfire and roast marshmallows!
SUNDAY A.M.	
Sunday Best Contrás	Beautiful dances to make your Sunday morning shine.
Zwiefachers – A Dance Workshop	Zwiefachers are couple folk dances from Bavaria and Austria. Each tune has an alternating rhythm pattern of waltz and pivot steps. We'll prompt an assortment of easy to challenging patterns.
Qi Gong Part II	We will experience some Qi Gong flows, centered on the Three Treasures of heart, mind, and body.
Tai Chi	Intro to basic principles of Tai Chi & the Taoist Tai Chi form. Learn to enhance balance and flexibility.
The Sing	Come with a song to share, come to sing along, or just come to listen.
Chamber Music	Quick pre-prandial treat – who knew our folk musicians could also play classical?
SUNDAY P.M.	
Couple Dancing*	A small pickup band plays in the middle of the dance floor as couples whirl around them!
Closing Dance	A mix of Contra and English Contra Dancing to the rousing music of Raise the Roof!