

The **ABCs** of Contra Dancing

Luke Donforth & Sarah Hirsch



A watercolor illustration of a hand in a fist, rendered in shades of brown and purple, positioned at the bottom left of the page.

A

is for
Allemande
going 'round
by the hand

A watercolor illustration of a hand, rendered in shades of pink, purple, and yellow, positioned at the top center of the page.

Balance

B

A watercolor illustration of a hand, rendered in shades of brown and purple, positioned at the bottom right of the page.

a hello that is grand

C

is for

Contra

a style
all can do

D

is for

Dancing

won't
you
join
too?



E is for **Even**
with partners all pair



G is for
Hubert,
by which
we mean
Gene

H is for
History
to know where
we've been



I Improper

for

a formation
to start



for
the

Joy

we share from
our heart



for
Kinetic
see how we move

is for
Legs
that step
to the
groove

M

is for

Music

live from
the stage



N

is for

Neighbor



no matter
the age

O

is for

Organizers'

gift to us all



P

is for

Partners



some short
and some tall

Q is for

Quiet

before
the band
plays



R is for Reels

that stay with you
for days





is for
Swing
a spiralling rose



for
Together

how a
community
grows

U **Understand**
the caller's short prompts

W is for **Wavy lines**
post allemande rotation

V is for

Vigorous
hollers
and
stomps



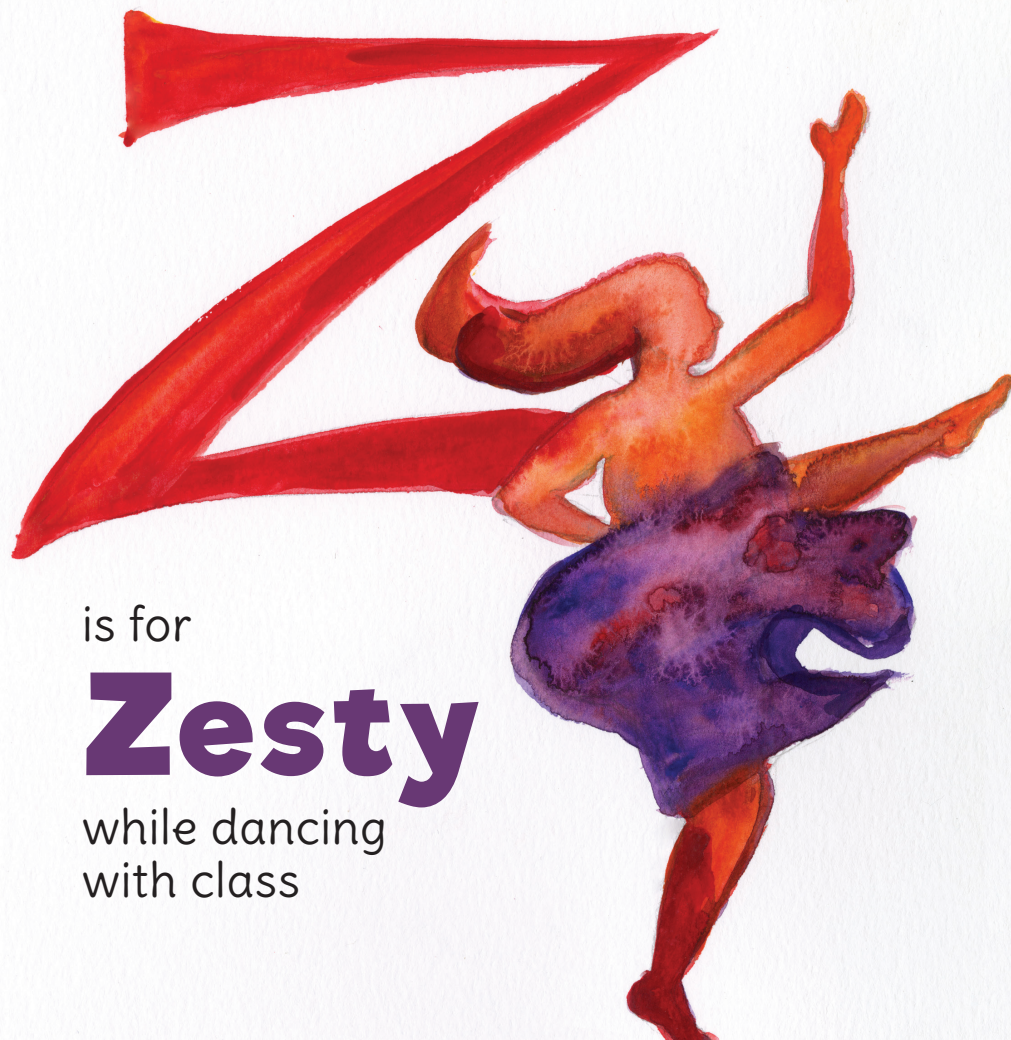
X

is for **Cross trail**
in dance card
notation





for the
Youth
this tradition
we pass



is for

Zesty

while dancing
with class





The ABCs of Contra Dancing was written by Luke Donforth and illustrated by Sarah Hirsch. Graphic design and layout by Dana Dwinell-Yardley & Madeline Reusch. Its existence is due to the incredible support of the dance community, with a special thank you to Ray & Martha Quigley!

**Dedicated to Calliope, Tamlin,
and all the dance friends they'll meet.**

Copyright © 2019 Luke Donforth • Burlington, VT 05401