

# An Introduction to East Anglian stepdancing

Wednesday 23<sup>rd</sup> June, 7:30pm

(Zoom session opens from 7pm)

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Fiona Davies will teach the basics of East Anglian stepdancing, an old percussive dance still practiced in Norfolk, Suffolk, Cambridgeshire & Essex.

Stepdancing is a working-class dance traditionally danced in pubs and gatherings which would see people dance to a folk tune, most likely a hornpipe, dancing solo in short bursts one after another with their own unique sequence of steps. Stepdancing is traditionally done in flat leather soled shoes or boots, on wooden or tiled floors but now that most pubs are carpeted, dancers take their own dance floors around with them!

The style is similar to clogging but with no set steps observed - there are no wrong steps, just your own steps. There are no fancy steps, it's primarily about adding a beat and becoming part of the music.

Fiona works with the East Anglian Traditional Music Trust, FolkEast and a number of other festivals and has family roots and heritage in fishing, lifeboat service and stepdancing.

This workshop is suitable for anybody to participate - you don't have to be a dancer to actually dance along (although a sense of rhythm helps!). You'd just need some flat soled shoes and a little bit of space, preferably on a hard floor. (Or a piece of board on carpet will do.)

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