

# CONTRA DANCING



## **If you can square dance then you can contra dance!**

Contra dance is a social folk dance in which lines of couples move through repeated patterns guided by a caller and live music. It is known for its welcoming atmosphere, easy-to-learn figures, partner interaction, and strong sense of community. In a typical contra dance, dancers form long lines, listen to a caller, learn the sequence during a short walk-through, and then dance the pattern to lively folk music. As the dance progresses, each couple moves along the line and dances with new neighbors, creating a flowing and social experience.

**[Tampa Friends of Old Time Dance](https://tampabaycontra.com)** — We dance on the fourth Sunday of the month from 3:30 pm – 7:00 pm. The first half hour of dancing is focused on lessons for new dancers, though experienced dancers are especially needed to welcome and help the newcomers. We also dance at the Polish American Society on the second Saturday of the month from 7:00pm – 10:30pm. Here again, the first half hour of dancing is focused on lessons for new dancers, though experienced dancers are especially needed to welcome and help the newcomers. **<https://tampabaycontra.com>**

**[Dancing Fish](https://www.dancingfish.dance/GODS)** — The Dancing Fish of Lake Santa Fe in Melrose, FL. **<https://www.dancingfish.dance/GODS>** — Gainesville Old-Time Dance Society. **<https://godsdance.org/>**

**[Jax Contra Dance](https://jaxcontra.org/)** — Fourth Saturday of the month at Trinity Lutheran Church in Jacksonville, FL. As we always suggest, be sure to check their website for the latest info. **<https://jaxcontra.org/>**

**[Orlando Contra Dance](http://orlandocontra.org/)** — They dance the 1st and 3rd Fridays at the Winter Park Ballroom Dance Co. but be sure to check their website for the latest information. **<http://orlandocontra.org/>**

**[South Florida Contradance Society](https://southfloridacontradance.com/)** — They serve dance to Palm Beach, Broward, and Miami-Dade counties. They hold dances in Boca Raton on the 3rd Saturday of every month. A monthly Miami dance is also in the works. **<https://southfloridacontradance.com/>**

**[Space Coast Contra Dance](https://spacecoastcontra.org/)** — Usually on the second Saturday of the month, but check their website for the latest info. **<https://spacecoastcontra.org/>**

**[Tallahassee Contra Dance](http://www.tallydancer.com/)** — Usually second and fourth Fridays of each month from 7:30 p.m. to 10:00 p.m. at the Old Armory/Tallahassee Senior Center. As we always suggest, be sure to check their website for the latest schedule and info. **<http://www.tallydancer.com/>**