






Your Guide to the Festival

## Festival Format

The Spoonful is an action-packed weekend so you may want to pace yourself. We have a lot in store for you including inspiring classes, fun competitions, great live music, whisky tasting, and the return of the **Spoonful Mega Games**. The weekend is in your hands to do as little or as much as you want. This includes the workshop class schedule, which is **Choose Your Own Adventure**. This means you can select the class that interests you most in the moment (with the help of short demonstration/description from the teachers before each class). If you are signed up as a **switch dancer** you can choose to either lead or follow on a per class basis (as instructed by your teachers). As a switch dancer we encourage you to help us create a good balance of leaders and followers in each class. **Classes are levelled** so make sure you choose a class that is appropriate to your experience, skill level and dancing role so that you (and everyone else) can get the most out of it! You can find full class descriptions at the end of this guide.

		
All levels	You should have some experience with the concept of the class.	You should be comfortable with the concept and expect to be challenged!

## Drinking over the weekend

Thursday, Friday and Saturday nights we will be at **The Halls** where there won't be a bar at the venue but you can bring your own drinks. **Please note** - The halls has a **strict policy of no spirits**. You can bring **beer, wine or cider only** - it's very important we stick to this rule - as failure to do so could mean shutting down the night for everyone! Thank you in advance for respecting this rule - this is important venue for Edinburgh dancers and we want to ensure we can use it in the future. Don't forget if you do want to buy some alcohol for the parties that **supermarkets in Scotland** can only sell alcohol **until 10pm**, so you'll want to plan ahead. For the Sunday night at the **Voodoo Rooms** there will be a bar available to purchase drinks so please don't bring your own.

## Recycling

200 people can create A LOT of rubbish so let's all do our bit! Please bring reusable water bottles if can to cut down on the waste. Additionally the recycling bins outside our party venue aren't big enough to handle all our waste so please help us help the environment by taking away your recyclables and putting them in the bins where you're staying. Otherwise, some of it will end up in landfill - nobody wants that!

## Safer Space & Code of Conduct

Giant hugs to you from us at the Care Team! We're so excited to see you. The Spoonful is packed with workshops, teachers, and crazy parties. It's going to be great! It's also going to be intense. So here's a few things to keep in mind:

- Stay hydrated, and make sure to eat!
- Smell nice! Deodorant, towels, and a spare shirt are your friend
- Only say yes to the dances you want and welcome the "no's" and "yes's" from fellow dancers
- Keep your dancing social-floor friendly, and ask consent before you lead moves such as dips.
- Be aware of your feelings - you might need a break, that's OK!
- If any behaviour is making you feel at all uneasy, come speak to us so we can sensitively take action for the wellbeing of everyone.

Remember, the Spoonful Care Team is always here if you need us. You can spot us by our nifty orange badges! - *Dáire, Casmira and Rob*

# Getting around Edinburgh

## Walk

Edinburgh is not a big city so you can easily walk around. The Community Centre and The Halls are a couple of minutes from each other and the Sunday night venue (Voodoo Rooms) is a 30 minute walk or a short bus ride from the workshop.

## Bus

There are a number of buses that take you between Leith and the centre of town (7, 14, 49, 22, 25, 16, 10). A single bus ticket costs £1.70. A Day ticket (£4.00) is valid until midnight. A Day & Night ticket (£3.50) is valid from 18:00 and can be used on day and night buses until 04:30. You need exact change to pay for your ticket on the bus.

## Taxi

Taxis are relatively cheap and can work out around the same cost as the bus if you fill them up with people. Black cabs can be hailed on the street - just look for ones with orange taxi light on. You can also call one:

**City taxis:** 0131 228 1211

**Central taxis:** 0131 229 2468

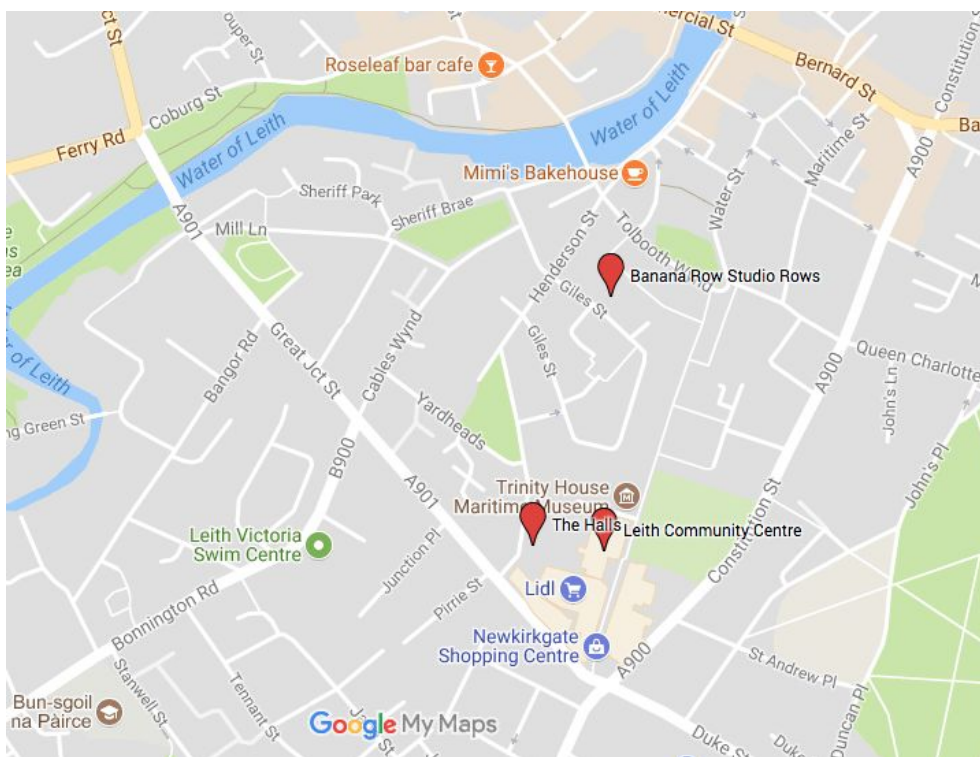
Uber is also operational in Edinburgh.

# Maps

All venues

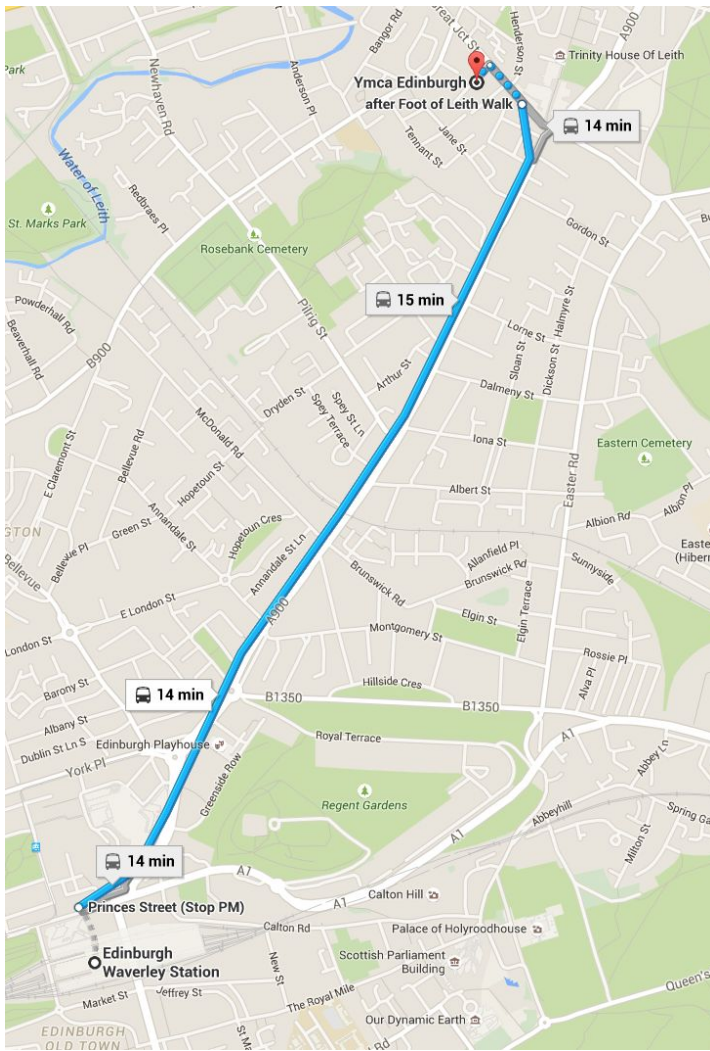
## Leith Venues

All the venues (except Sunday Evening dance) are very close walking distance from each other in Leith.



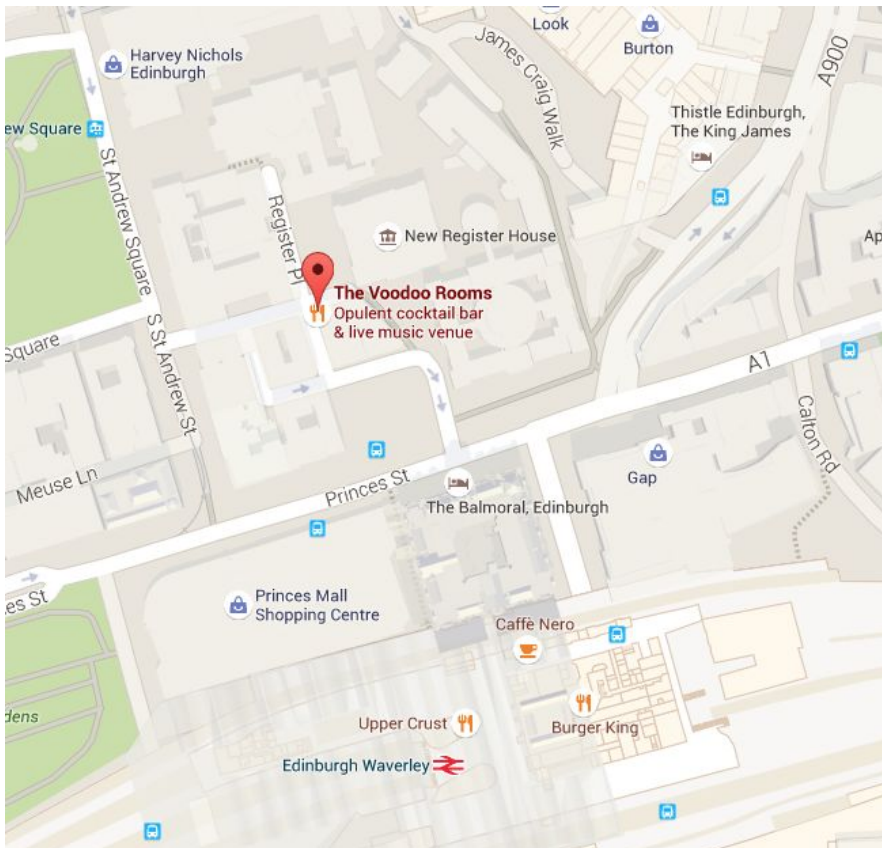
## Getting to Leith

It is a short bus ride to get to Leith; there are many buses that take you from the center of town (7,14,49,22,25,16,10).



## Sunday Night Venue

We will walk together or bus it from Leith to our Sunday night venue, which is conveniently located near the train station and the airport bus for those that need to get away.



# Festival Schedule

Please note that class schedule is subject to change; please keep up to date by following facebook and checking the website [www.thespoonful.co.uk](http://www.thespoonful.co.uk)







## Thursday Warm Up Dance - [The Halls - 6 Henderson St, Edinburgh EH6 6BS](#)

Meet old friends and new with a great lineup of DJs to get you all warmed up.

**When?** 8pm to 1am

**Drinks?** You can bring your own beer, wine or cider (remember - strictly no spirits allowed)

## Friday Daytime [Leith Community Centre - 12A Newkirkgate, EH6 6AD](#)

10:30	Registration desk opens			
10.45	Group Warm Up with Annette			
11:00	Pick your classes - 30 second demos			
11:10	Contrast Dynamics (Annette & Eran) 	Dances in the Jooks (Adamo & Vicci) 	Bodycare for Blues Dancers (Lauren) 	Brain-Breaking Rhythms (Campbell Miller) 
12:30	Break / Pick your class - 30 second demos			
12:40	Gotta Catch 'em All (Annette & Eran) 	Showmanship & Personality (Carla Frade) 	Moves Challenge! (Julie Brown) 	Fancy Pants Innovation (Campbell & Shawn) 
14:00	1.30 hr Lunch - including Live Music with Jack of Diamonds from 2.45pm			
15:30	Pick your class - 30 second demos			
15:40	This Little Light of Mine (Annette) 	Delay & Dynamics (Adamo & Vicci) 	Texas Shuffle (Julie & Shawn) 	Rhythms by Numbers (Olga) 
17:00	Get your numbers for the Competition Prelims!			
17:15	Competition Prelims: Solo Versatility			
17:40	Competition Prelims: Mix 'n' Match			

## Friday Night Dance - [The Halls - 6 Henderson St, EH6 6BS](#)













Now the party is really getting started. Live music from the very beginning so get there early with [Josh Fialkoff & The Odd Fellows](#) and [Jack of Diamonds](#) & [The Rhythm & Booze Project](#); an awesome line-up of DJs and not to forget the [Solo Versatility Comp Finals](#).

**When?** 9pm to 3am

**Drinks?** You can bring your own beer, wine or cider (remember - strictly no spirits allowed)

## Saturday Daytime - [Leith Community Centre - 12A Newkirkgate, EH6 6AD](#)

Another day of inspiring classes. This year we will also have blues context talk from Julie at lunchtime and the return of the mighty Mega Games at the end of the day. Who will get to hold the cup this year?

10:30	Registration desk opens			
10:45	Group Warm Up with Eran			
11:00	Pick your classes - 30 second demos			
11:10	Balboa 101 (Sigga & Eran) 	Follow Empowerment (Vikki Moore) 	Comfy Close Embrace (Julie & Shawn) 	Dynamic Proposals (Campbell & Adamo) 
12:30	Break / Pick your class - 30 second demos			
12:40	Fast Fancy Feet (Annette & Eran) 	Transitions & Flow (Adamo & Vicci) 	Singing Together (Kristin Ladström) 	Many Centres, Many Rhythms (Julie Brown) 
14:00	1.30 hr Lunch - Blues Contexts Talk with Julie from 2.30pm			
15:30	Pick your class - 30 second demos			
15:40	Moves, Moves, Moves! (Becky Norris) 	House Dance (Ashley Jack) 	Find your dance values (Julie & Shawn) 	Dancing with the senses (Campbell Miller) 
17:00	MEGA GAMES!!!			



## **The Spoonful Mega Games** - [Leith Community Centre – 12A Newkirkgate, EH6 6AD](#)

The fourth annual Spoonful games - are you up for the challenge?

A bit of silliness to end the afternoon. You can also attend if you have a social pass.

**When?** 5pm-6pm

## **Whisky Tasting** - [Banana Row Studios \(downstairs\) - 5B-5C Giles St, Edinburgh EH6 6DJ](#)

For those lucky enough to get a spot with their registration, join us for a guided tasting session on Scotland's greatest export – whisky! This will be held just a short walk from the party venue and will be hosted by Blueswater frontman Felipe. We'll finish up just in time to go straight to the Saturday night dance - you'll wanna be there early for the live music from 10pm! Don't forget your ticket (collect at Registration)

**When?** 8:15pm to 9:15pm

## **Saturday Night Dance** - [The Halls – 6 Henderson St, EH6 6BS](#)

Here we go... this is the big one! We'll have two rooms for dancing, the Mix 'n' Match competition, and live music from [The Blueswater](#) and a late night jazz blues set from [Joshua Fialkoff](#). Watch out for the return of [Blind Blues](#) in the wee room (straight after the Mix 'n' Match competition)













**When?** 9:30pm to 5am

**Drinks?** You can bring your own beer, wine or cider (remember - strictly no spirits allowed)



## Sunday Daytime - [Leith Community Centre - 12A Newkirkgate, EH6 6AD](#)

We'll let you have a little lie in (a whole extra hour!!) but you might choose to drag yourself out of bed because there is more learning to be had! (full class descriptions below).

11.45	<b>Group Warm Up with Campbell</b>			
12:00	Pick your classes - 30 second demos			
12:10	Transformers (Annette & Eran) 	Blues // Not Blues?! (Leigh & Daire) 	Dance More! In Partnership (Julie & Shawn) 	Twist & Travel (Campbell Miller) 
13:30	1.30 hr Lunch - <b>Storytelling with Gordon McCormick from 2:30pm</b>			
15:00	Break / Pick your class - 30 second demos			
15:10	Express Yourself (Annette & Eran) 	Less is More (Adamo & Vicci) 	Therapeutic Leg Massage (Carla Baldwin-Campbell) 	Shape Shifting (Olga Seleznova) 
16:30	Pick your class - 30 second demos			
16:40	Paaaaaar-tay! (Becky Norris) 	Close Embraces (Adamo & Vicci) 	Humor & Themes (Julie & Shawn) 	Strategies for Effective Teaching (Campbell) 

## Sunday Evening Dance - [The Voodoo Rooms - 19a West Register St, EH2 2AA](#)

Can it really be over?!? You have one more chance to grab that person for a dance. In the **Main Ballroom** The Gin Mill Genies will bring us our final taste of live music. Upstairs we will be keeping it chilled and mellow for those tired legs and will have the return DJ Annette & DJ Shell for another epic DJ collaboration to finish out the night.






Head downstairs to the **Blues Party Room** with a fine selection of DJs who know what you need to round out an amazing weekend.











**When?** 7pm to 1am











**Drinks?** There is a bar to purchase drinks (including some seriously awesome cocktails). Food is available at the venue but you need to book and probably pre-book your order to guarantee you will get served in a table in advance - it was very busy last year. Otherwise why not grab some dinner on the way.











## Full Class Descriptions

Lunch Time Sessions	
Live music with Jack of Diamonds	Toby, also known as Jack of Diamonds, frontman to our Sunday night band Black Diamond Express bring us a journey through some of his favourite tunes and some of the history beyond them. Bring your lunch along and enjoy some entertainment during your lunch break.
Blues Contexts with Julie Brown	This session will focus on historical & cultural contexts of blues dancing & music, to enrich our understanding of these art forms.
Scottish Storytelling With Gordon McCormick	"Once upon a time, there was a group of dancers who wanted to be entertained during their lunch break. Searching around they eventually found a welcoming room nearby. And in this room stories were being told of a Scotland long ago... ancient folk tales brought back to life, just in time for a Sunday Story Special!"

Annette & Eran		
Contrast Dynamics	Have been dancing the blues for a while now? Feel like challenging yourself? Let's add some serious dramatic effects to our dancing by diving into the playground of contrast. Build your dance up from the ground and mold yourself into the dynamic structure of the blues!	
Gotta Catch 'em All	Become one with the music in all its aspects! Feel, instruments, texture, vibe, groove, structure...let's see if we can catch 'em all! This class is an excellent (accidental) prep for competitions but will boost your ability to connect to the music in any case, be it for solo or partner dancing.	
This Little Light of Mine... [Annette solo]	...or to be more precise: Serious Solo Blues Badassery! In this solo blues comp prep class, let's find out just how much we can inspire the people around us. We'll discover how to boost our confidence and how to remain relaxed when dancing in front of a crowd. But we'll also explore concrete ideas on how to make the music visible in our dancing and how to give our movement a structure that convinces. Find out how to stand out in a crowd and how to let your wee light shine!	
Fast Fancy Feet	Join us for this dance-intensive alliteration that may just literally rock your socks off! We'll tackle and break down plenty of fast footwork, find out how to get our feet up to speed in a comfortable way and add a healthy dose of connection technique to bring your dancing to the next level!	
Transformers	In this class, we'll tackle the art of subtle, full body shape shifting. Also known as one of the most important aspects in all things dance: TRANSITIONS. Let's get from "doing one move, sorting our extremities and then doing another one" to a continuous groove that magically transforms and meanders until the Mississippi river gets jealous of our flow!	

Express Yourself	Lessons in Dance, Lessons in Life - or: What happens when you dance confidently? Can we stay connected to ourselves while partnering up with others? How can relaxation help you connect better to others and what role does trust play? We will explore these and more questions in a hands-on, no mambo-jumbo kind of dance class that aims high both in developing a connection with ourselves and others that allows for any musical interpretation, and in bringing to daylight our inner awesome.	
<b>Adamo &amp; Vicci</b>		
Dances in the Jooks	Based on the book 'Jookin' by Katrina Hazzard-Gordon, we will introduce a range of dances that were once danced in the Jook Joints of the Mississippi Delta. Some might be familiar... Some less so... You need to be comfortable and confident dancing in close embrace to take this class.	
Delay & Dynamics	Play with stretching out the beat, speeding it up, and creating moments of tension and release in your dancing. Full of scating and sound effects, you will 'shoo ba da boom' and 'whoosh' your way around the dance floor!	
Follow Empowerment [Vicci Solo]	We all know the follower role is 'different' in blues compared to most other partner dances. But you have you ever questioned why? This part lecture, part dance class will explore the cultural values that make following in blues so special, and play with ways we can embed these values in our dancing.	
Transitions & Flow	Transform your dancing from a collection of different moves to one fluid idea. This class is full of essential skills for leaders and followers, enabling smooth transitions and a dance that feels effortless and exciting at the same time!	
Less is More	The focus of this class is subtle polycentrism... Using your whole body to respond to the music and to your partner with little showers of comment... Sharing a secret with your partner. Doing less.	
Close Embraces	Explore the many possibilities of close embrace. Try different postures, different positions, and different amounts of pressure and see what opportunities open up for each. An advanced exploration of the embrace we love so much!	
<b>Campbell Miller</b>		
Brain-Breaking Rhythms	Push your rhythmic limits by applying new and challenging rhythms to familiar steps. We'll also attempt new rhythmic dynamics between partners to figure out what's feasible and what's just plain crazy. Your dancing will never feel stale when you apply these strategies to diversify your rhythm repertoire!	
Fancy Pants Innovation [Campbell & Shawn]	Learn some fancy moves. But don't stop there! We'll work on the process of building off of new moves and making them your own. We'll work in pairs and in groups. You will stay with one partner the entire class, so try to find a partner in advance.	
Dynamic Proposals [Campbell & Adamo]	Both leads and follows can initiate proposals for changing the dynamics of movements in the partnership. We'll fine-tune our skills in proposing specific changes such as amplifying or minimizing the size of movement, and we'll finesse how we listen for our partner's suggestions.	

Dancing with the Senses	Connecting with yourself, your partner, and the music is the secret sauce of amazing social dances. We'll explore exercises to sensitize your awareness of the visual, auditory, and kinesthetic experiences of a dance so you can more consciously dance in the moment.	
Twist & Travel	Spice up your Ballroomin' repertoire with ideas from Foxtrot, just like the dancers at the Savoy did. Traveling around the room has never been so fun! We'll practice linking these new ideas together so that your dancing will flow.	
Strategies for Effective Teaching	Practical advice for both new and seasoned teachers, these tips can transform how you communicate to your students in group classes or 1:1 work. Having a variety of strategies enables you to choose the most effective ones to help your students feel more successful while learning new skills. We will review each technique and then practice how to apply them as time permits.	
Julie & Shawn		
Solo Blues Moves Challenge! [Julie solo]	Time to open the encyclopedia of solo blues. In this class, we'll whip through up to 30 solo blues moves, and then it'll be time for a test! Get ready; this test is for your body and your brain.	
Texas Shuffle	Learn a cool partner dance perfect for dancing to blues with a shuffle rhythm, especially when there's fancy guitar and horns. Learn to connect and play in this stretchy-feeling dance with super-cool footwork.	
Comfy Close Embrace	How to make your close embrace feel The Best! When done right, close embrace is awesome. We'll focus on the magic that makes close embrace feel awesome for any style of blues.	
Many Centres, Many Rhythms [Julie solo]	One of the most difficult (but exciting!) aspects of blues dance is 'polycentric' movement (movement focused in different parts of the body) and layered or 'polyrhythmic' movement (moving different parts of the body separately but simultaneously, possibly in different rhythms). In this class, we'll cover different drills and methods for practicing polycentric, polyrhythmic, & layered movement, so you can achieve mastery.	
Find your Dance Values	There are many amazing things about social dancing. In this class we'll explore what each of you finds most valuable in partner dancing. Then we will explore ways to develop your dancing according to your values. This class will be a mix of dancing and small group discussion.	
Dance More! In Partnership	In blues, we bring our individual voices into partnership. Learn how you can bring your voice into partnership more, as followers or leaders. Learn how to integrate your dancing with leading or following, without having to sacrifice one for the other.	
Humor & Themes	Explore interesting compositional ideas that both Julie and Shawn love using in their own dancing, to create more fun & play with the music & your partner.	

Specialist Classes		
Bodycare for Blues Dancers [Lauren]	A fourth instalment of Bodycare for Dancers is upon us! We'll build upon concepts of biomechanical alignment, muscle imbalance, dance-specific anatomy, and provide helpful information surrounding injury prevention, strengthening, and flexibility for dancers of all kinds. I will again be open to requests for discussing specific injuries or musculoskeletal issues in order to tailor the class more specifically to those attending. Expect a fun-filled and informative session with plenty of student participation	
Showmanship & Personality [Carla Frade]	Individuality, personality and showmanship are a valued part of African dances. In this class, we'll be working on showmanship and dancing for performance. We'll work on how intention and emotions will change our dance and how to convey your interpretation of the music to the audience, and some more practical stuff that you have to be aware of while performing.	
Rhythms by Numbers [Olga Seleznova]	In this class we will count the beats. And the spaces between the beats! We'll see how Latin and triple rhythms translate into numbers (there will be props!), practice suitable vocabulary - first solo and then with partners to fine-tune our connection senses when it comes to suggesting and following fun rhythmic footwork.	
Balboa 101 [Sigga & Eran]	This year, Sigga is teaming up with Eran to share their love of bal at the Spoonful. If you've been curious about balboa, come along and learn some of the fundamentals with comparisons and contrast to blues technique to speed up learning this quick-paced, close embrace and footwork-focused swing dance with Sigga and Eran!	
Singing Together [Kristin Ladström]	In this class we'll learn songs from two historical neighbours of blues music - a West African peace song, and an African-American spiritual - with harmonies, a lot of fun and some proper, healthy singing technique thrown in along the way! After class, we'll share the music with the other participants in a small performance at lunchtime.	
Moves, Moves, Moves! [Becky Norris]	Want to increase your solo vocabulary and perfect the basics? Want some interesting variations and fancy flash? This is the class for you! We'll try and get through as many moves as we can in the time we have. 1 spoon (we'll build each move up and even if you don't get it perfectly, you'll have the tools to practice at home).	
House Dance [Ashley Jack]	This class will be fun, energetic and sweaty. Exploring the grooves, the jacks and the footwork within house!	
Blues // Not Blues?! [Leigh & Daire]	An interactive quiz exploring the elements of blues to train our ears & better understand the music. Great for all dancers and (aspiring) DJs!	
Therapeutic Leg Massage [Carla Baldwin-Campbell]	Our legs do a huge amount of work for us - they carry us everywhere after all! I'm guessing your pins might be a little more tired than usual, however, after several days dancing on them! So bring yourself (and you legs) to my therapeutic massage class where I'll show you some easy and effective leg massage techniques that you can use on friends and family. It's also your chance to get some massage too! Please wear shorts to this class as we need the legs accessible while still keeping your modesty intact. Contra-indications for this class are all of the following if they appear in the legs: varicose veins, edema/swelling, phlebitis, thrombosis.	
Shape Shifting [Olga Seleznova]	In this class we will explore the music's power to transform us - the way we move, express and project ourselves. If you can comfortably pick up a short choreography, join Olga to practice shape-shifting the moves into variations while adapting the entire appearance of the same sequence to suit four distinctly different songs.	

Paaaaar-tay!  
[Becky Norris]

The band is playing, the music is fast and funky and you just want to solo dance like a maniac - but you still want to dance with other people! In this class we'll explore fun ways to interact with other solo dancers to create musical awesomeness.

