

Special Events - Cabin Fever:

Each February KCD hosts hundreds of dancers from all over the country for a weekend long dance festival - three days of contra, swing, and other forms of dance with some of the top bands in callers in the country. Cabin Fever is held at Bridgewater Place. An event center in west Knoxville.



It offers plenty of free parking and numerous quiet spots for one to take a moment to relax. There are several good places to eat both nearby.

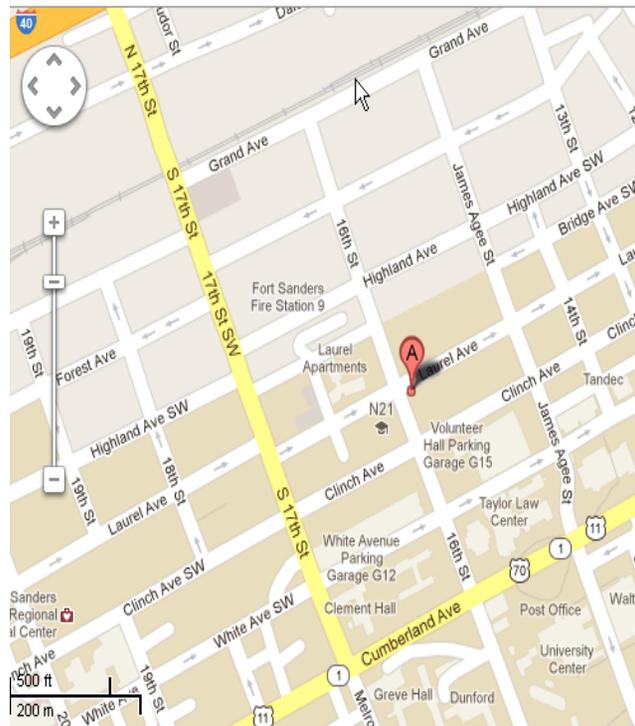
Family Policies

Dances are non-drinking and non-smoking events and include dancers of all ages. Currently we have no formal childcare. Older children are welcome to dance, but for the safety of all, children in the Laurel Theater must act appropriately and parents must account for their children.

Where We Dance:



The **Laurel Theater** is located on the corner of 16th and Laurel Avenue near the University of Tennessee. From I-40 take the 17th Street exit (#387), turn right/South on 17th St., turn left on Laurel Ave. (about five blocks), go one block to 16th and look for the Victorian church on the Southeast corner. The street address is 1538 Laurel Ave, Knoxville, TN 37916. For more information about the Laurel Theater or Jubilee Community arts, call the Jubilee office at (865) 522-5851 or email info@jubileearts.org.



Knoxville Contra Dance

KnoxvilleContraDance.org

Dance to live music every Monday night from 8pm to 11pm.

No partner or experience is necessary. We encourage new dancers to attend the lesson that begins at 7:30pm just prior to the dance.

We dance in the historic Laurel Theater, 1538 Laurel Avenue, Knoxville TN 37916; walking distance from UT campus.



Dancing in the Laurel

What to bring: Contra dancing uses a lot of energy; it is recommended that you wear loose fitting comfortable clothing with layers that can be removed. To save yourself some time in the water line, you may want to bring a couple of bottles of water. Laurel Theater is listed in the National Register of Historic places; to preserve our wonderful dance floor, we request that you wear or bring clean non-marking leather or soft-soled shoes.

What is Contra Dancing?

Contra dancing is a uniquely American community event that has its roots in traditional European and American country dancing. Each dance consists of a series of figures that are done using a smooth, easy walking step to the rhythm of the music. The caller teaches each dance by walking the dancers through the moves before the music begins. He/she continues to remind the dancers what figure is coming next until everyone has picked up the flow of the dance. The dance music is provided by a live band made up of acoustic musicians, many of whom are also dancers.



Cabin Fever

According to noted caller Diane Silver
"You take the long lines from English country dances, as seen in Pride and Prejudice, put in the moves you learned in junior high school about square dancing, set it to the driving beat of River Dance, and drop all this right in the middle of Woodstock!"

Who we are:

Knoxville Contra Dance (KCD) is a not-for-profit community organization. KCD is dedicated to the preservation, study, teaching, enjoyment and continuing evolution of traditional dance and music. Our dances are intended to provide recreation, enjoyment, and to foster a sense of community for the participants. Everyone is welcome to attend KCD dances. It is not necessary to be a KCD member to dance. However, becoming a KCD member has its benefits.



Leadership:

KCD has an organizational Board which meets approximately once a month. The KCD board welcomes input; if anyone has ideas or suggestions to contribute, please contact any board member.

KCD board members for 2017-2018 are (in alphabetical order) Robin Bennett, Donna Calhoun, Sarah Cruze, Eileen Hayes, Tyler Hatch, Earl McGill, Ben Root, Andy Sims, Mark Stanley, Stacy Stanley, David Stewart, Ryan Worden

Affiliations:

Knoxville Contra Dance supports Jubilee Community Arts (www.JubileeArts.org) a nonprofit organization dedicated to promoting traditional arts of the region. Please support Jubilee by becoming a member and attending other events in the Laurel Theater.



More Information:

For more information and a schedule of events, please visit www.knoxvillecontradance.org. Join Knoxville Contra Dancers on Facebook!

You may also want to visit http://www.contradance.org/html/new_dancer_info.php for a great introduction to contra dance complete with video.

