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| DAY | TIME | WHAT & WHERE |  |
| FRIDAY |  | Registration & settle into rooms |  |
|  | 6.30 | Dinner |  |
|  | 8:00 | Ball in the hall | 18th Century Social Dancing |
| SATURDAY | 8:30 | Breakfast |  |
|  | 10:00 | Workshop 1 | Warm up, steps & technique |
|  | 11:00 | Coffee |  |
|  | 11:30 | Workshop 2 | Country dances & cotillions |
|  | 12:30 | Set up for Lunch |  |
|  | 1:00 | Lunch |  |
|  | 2:00 | Workshop 3 | Country dances & cotillions |
|  | 3:00 | Tea |  |
|  | 3:30 | Workshop 4 | Country dances & cotillions |
|  | 4:30 | Set up for Dinner |  |
|  | 6:30 | Dinner |  |
|  | 8:00 | Ball in the hall | Dances for an 18th century assembly |
|  |  |  |  |
| SUNDAY | 8:30 | Breakfast |  |
|  | 10:00 | Workshop 1 | Country dances & cotillions |
|  | 11:00 | Coffee |  |
|  | 11:30 | Workshop 2 | Practice for the afternoon’s dancing |
|  | 12:30 | Set up for Lunch |  |
|  | 1:00 | Lunch |  |
|  | 2:00 | Dancing in the Hall |  |
|  | 3:30 | Tea |  |
|  |  |  |  |

COURSE OUTLINE

This weekend is based around the dances used in the BBC’s adaptation of Winston Graham’s, ‘Poldark’ novels. The books are set in late eighteenth century Cornwall and revolve around the Poldark family and their social set…both high and low.

During the day, there will be workshops that will explore the rich source of dance material of the period including cotillions and country dances. We will work on steps, technique and musicality. Each evening, there will be social dancing.

The Warleggan Band will provide live music both for the workshops and the evening dancing. If you have a favourite dance from this period that you would like to share with the group during the social dancing, please bring the music and the musicians will be happy to play it.

If you have any condition or injury that could affect your dancing, please talk to Stuart the course tutor who will be able to support you and adapt the course material as necessary.

FOOTWEAR & DRESS

Comfortable, soft soled dance shoes are essential for the workshops. Period costume is most welcome but not essential. Unless for medical reasons, trainers for the workshops or evening dancing are not appropriate.