

## Are You an Advanced Contra Dancer?

An advanced contra dancer is adept enough to require little or no walkthrough of intermediate or advanced moves.

An advanced contra dancer:

- ❖ Knows how to do a roll away, mad robin, California twirl, pass through to a wave, cross trail through, and contra corners with minimal or no instruction;

- ❖ Knows where to be at the start of each dance phrase and how to recover from a lapse;

- ❖ Is able to assist his or her partner and neighbor to the next move;

- ❖ Executes flourishes safely and without disturbing others;

- ❖ Knows when not to use flourishes in order to make sure that both dancers in the couple remain in time, on phrase, and able to glide into the next move as smoothly as possible.