

Two left Feet – an international folk-dance project
Funded by English Folk Dance and Song Society Mini Grants

Project manager and leader Jo Clare

JC Dance



Jo Clare – Dance artists working in community and Education

Before becoming a dance and movement artist working in education and community settings, I trained at London Contemporary Dance school and performed in dance and physical theatre for many years, in Italy and the UK. I hold a PGCert in Dance in Community (Laban Conservatoire), an MA in Directing and Teaching Movement to Actors (Royal Central School of Speech and Drama) and a Montessori Teaching Diploma (Montessori Centre International). In 2009, while on placement at Cecil Sharp House I discovered the wonders of English Folk and Morris dance and have since led folk and Morris dance projects in education and community settings. Folk dance filters through my dance teaching of different styles to people of all ages and abilities. I often create fusions of folk and contemporary dance or include folk dancing in children's ballet shows. I teach folk dance to student actors and choreograph folk dances for theatre. This project was inspired by the people in Come Dance with Me, an over 50s dance class that I have taught at Mycenae

House for over 10years, who expressed an interest in doing more of the folk-dance element in the class. It was also inspired by my discovery Balfolk, international folk-dance groups.

Brief description of the project Two Left Feet!

I live and teach in SE London, which I find sparse of folk-dance activities. EFDSS is based in North London, as are Bal folk meetings and most international folk-dance activities. The overall aim of Two Left Feet project is to make folk dance accessible to a diverse range of people in the SE London Borough of Greenwich. Folk dance steps and dances can be adapted to all ages and abilities and the use of live music creates a multi artistic experience. The project Two Left Feet aims to offer an experience of doing and watching folk dance to people of different age groups and abilities. Focusing on a class of year 3 primary school children and a group of over 60s adults who will learn international folk dances and then come together to perform the dances at Mycenae House on May 5th, followed by a Ceilidh when the audience will be encouraged to take part.

Who can take part?

If you are over 60 and enjoy dancing, you can take part in Two Left Feet project. No need for previous experience, folk dancing is inclusive and can be adapted to suit all levels of experience, ability, and mobility. You just need to commit to the following dates.

Workshops: Tuesday 18th April at 2-3pm, Friday 21st April at 2-3pm, Tuesday 25th April at 2-3pm, Friday 29th April 2-3pm.

Performance and Ceilidh: Friday 5th May at 2-5pm.

Please email me at joclare@hotmail.it or phone me 07709952215 to sign up to Two Left Feet.

Who will watch the performance?

The Ceilidh/Performance on 5th May at 15.30 is open to the public. People can book tickets on Eventbrite or buy tickets at the door. Tickets are £5 for adults, free for children.

<https://www.eventbrite.com/e/583880451147>

How will Two Left Feet project ensure a safe & positive experience for all?

As leader of the project, I will have duty of care for all participants, to ensure their health, safety, and well-being. A specific safeguarding policy and code of conduct will be shared with all participants.

The over 60s group will fill in a health questionnaire and will follow guidelines when dancing with the children. All participants will be encouraged to wear appropriate clothing. Anyone who has Covid symptoms will be told not attend until they have tested negative.

The 1-hour long sessions will be delivered in a friendly but structured manner so that everyone understands what the plan and what is expected of them. Appropriate adaptations of dances will be introduced to ensure inclusion.



Come Dance with Me at Mycenae House 2022

Jo Clare March 2023