

Recreational Folk Dancing

Jan Rygert & Liz Nunan



RECREATIONAL FOLK DANCING: Recreational folk dancing will be a causal, fun class teaching easy folk dances from Serbia, Croatia, Russia, Ukraine, Greece, Romania and other Eastern European locales. Most of these dances will be played at the evening parties so that you can participate. The dances will include easy line and circle dances, some novelty and interesting dances and some surprises. Bring your comfy dancing shoes, a small hankie and a large loose belt for the line dances. Now experience required except your two feet! Please come and join us to learn these dances, stay fit at the convention and wear off all that beer you will be drinking and lose some weight!

JAN RYGERT: wanted early in life to learn more about her Croatian and Slovak heritage having grown up in a multi-cultural home in Pittsburgh. She started learning to play the Tamburitza stringed folk instrument at age 11 and also got hooked on folk dancing and singing. Later she received her B.A. in Behavioral Sciences and went on to focus her career in business management and retailing. Throughout her career she taught and choreographed dance sets for the junior groups of the Duquesne University Tamburitza and several folk ensembles. Jan has been musically involved with the Pittsburgh International Folk Festival since the early 60's and has performed with the Croatian, Serbian, Hungarian, Russian, Carpatho-Russian, French and Bulgarian ensembles for many years. She has taught folk-dancing at many previous conventions and has been involved with many groups such as the Atlanta Mandolin Society, The Atlanta International Folk Dancers, Balalaika South, Golden Strings, The Atlanta Nordic Lodge, The Atlanta Scandinavian Festival and the Atlanta Balalaika Society where she had been president for many years and a member for more than 29. Jan has been a member of the BDAA Board of Directors from 1993-2009 and also past president. Jan is a publicity expert and is co-librarian for this and past conventions. She has also been co-leader and activities director of many BDAA tours to Russia and Scandinavia and will be co-coordinator of the 2011 convention in Sweden. Jan currently lives in Atlanta with her husband Göran.

LIZ NUNAN: started folk dancing in 1976, both American clogging and international folk dancing. She attended the East Coast Balkan Music and Dance summer camps from 1985 - 2002, Scandinavian Dance weeks for about 20 years, and many folk dancing weekends around the country since 1982. She organized an annual folk dance weekend in Atlanta, with nationally recognized teachers and musicians from 1985-2008, featuring dances from most of the European countries. She dances for fun because she enjoys the activity, music, and cultural aspects of folk dancing. Along with Jan Rygert, Liz has taught folk dancing at the BDAA conventions many times over the last 20 years.