

Norwich and Cambridge Early Dance Weekend

A residential course at the
University of East Anglia, Norwich



Nicolas Lancret, Dance in front of a fountain, c. 1724 (détail), Getty Center

Friday 10th - Sunday 12th April 2026

The Allemande: from Couple to Cotillion

A weekend of dances with Sam Gosk



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A practical course studying the Allemande and the Cotillion, researched and taught by Sam Gosk, who originally qualified as a ballroom and Latin dance teacher but some years ago became interested in historical dance. He has been teaching, performing and researching historical dance for over 15 years. His recent research has focused on the social dances of the 18th and 19th centuries, and he is looking forward to sharing some of these dances with us.

The venue, the University of East Anglia, is on a 320 acre campus on the edge of Norwich: **UEA, Norwich Research Park, Norwich NR4 7TJ**. We will be staying in Broadview Hotel. There is very easy access from the rail and bus stations, and main roads if coming by car. Details will be sent on booking. The course will run from 5pm on Friday 10th April to 4pm on Sunday 12th April, 2026. Saturday afternoon will be free time. Accommodation is for two nights with all meals included.

Fees

Booking with full payment by 31st December

All accommodation is en-suite.....£250 per person

Booking/paying after 31st December

All accommodation is en-suite.....£260 per person

There are a very limited number of non-resident places (please check availability)

Booking with full payment by 31st December

All meals (except breakfasts) included...£.115 per person

Booking/paying after 31st December

All meals (except breakfasts) included...£125 per person

The fee includes a non-refundable deposit of £50, to be paid at time of booking.

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Title First name

Surname

Address

.....

.....

Telephone

Email

Dietary requirements

...../

No. of places required

Course fee: En-suite: £250 / £260

Course fee: Non-Resident: £115 / £125
including £50 non-refundable deposit.

Please pay by Bank Transfer if possible.

Name: Norwich Historical Dance

Acc.No: 03444460

Sort Code: 30 96 17

Please let Harriet know the reference you use in making the transfer so she can tie payments to people.

If paying by cheque, please make it payable to:

Norwich Historical Dance

Thank you. Please send this form to: **Harriet Cox**
9 Maida Vale, Norwich, NR2 3EP
Tel.: 01603 393618

Our venue: the University of East Anglia

The university is known for its bold architecture, set in a green and rural landscape, although the city centre is easily and quickly accessible. We will be using a dance studio in the well equipped Sportspark where we will also have some meals, and it is only a very short walk from Broadview Hotel where we are staying.



Broadview Hotel

There should be time to explore the broad, bluebell woods, river, parkland, or if the weather is inclement the unique Sainsbury Centre art museum has permanent and temporary exhibitions.

You may also see the famous 'ziggurats', some of the original student accommodation designed by Denys Lasdun in the 1960s.



The Broad and Bridge

Participants may wish to pop into Norwich city centre with its two cathedrals, excellent shops and market, castle, museums and a multitude of medieval churches.



The Sainsbury Centre and two sculptures on the Sculpture Trail

Map to get you to our door



Map to show the surrounding area

