

WOMEN'S FOLK DANCE FOOTWEAR AT AIFD THROUGH THE AGES

by Dena Houston

I have been folk dancing at AIFD since 1965, starting when I was 18 years old. I thought it might be fun to share with you the shoe fashions for women folk dancers from prehistoric times.

When I started, we danced barefooted. That meant we trusted the men folk to tread lightly. When we arrived at AIFD, we took off our shoes and socks and danced the night away.



The women then decided that dancing barefooted was not very creative, so we all made what are now called “barefoot sandals”, but we called them “No Shoes”. We crocheted or macraméd them and all the women danced in them.



After our feet finally wore out, we began dancing in opunci. Most of the women had Macedonian opunci. Now we were cool and folksy.



We went through a phase of dancing in wooden clogs from Sweden. That was interesting, to say the least.



As we have gotten older and wiser, we now dance in more sensible shoes and use additional help when needed. Certainly, these are boring compared to the “good ol’ days”!

