

# Lesson Plan for “SD 101A: Modern Square Dance Fundamentals (SSD-50)” – 2-Day Blast Class

## Day 1 (7 hours w/2 30-minute breaks)

### Foundation #1 (Big Circle)

*Dancer Naming:*

*Boys/Girls/Partner/Corner*

Circle Left/Right (all 8)

Dosado

“Right / Left Pull By”

Right & Left Grand (RLG)

Arm Turns (Right/Left)

Allemande Left

*(Handhold Timing: Pull By, A.L.)*

Couples Promenade (Home, ½, ¾)

Single File Promenade

Swing (Your Partner)

### Singing Calls

Ladies/Men Promenade Inside

Ladies In, Men Sashay

Rollaway (to/from Circle Left)

Weave The Ring (WTR)

Grand Square

*Singing call “Star Routes” (to Corner)*

### Foundation #2 (Squares)

*“Square Your Sets”, “Tip”*

*Couple Naming:*

*Heads/Sides/#1,2,3,4/Home*

*“Thank Your Square” (w/Styling)*

Forward & Back

Star Right/Left (from Squared Set)

Star Promenade (\*)

Courtesy Turn / *Promenade Position*

Ladies Chain (2 across; 4 across, ¾)

### 2-Couple (or 2-Person) Calls

Pass Thru

<Passing Rule (pass right shoulders)>

Right & Left Thru

California Twirl

Star Thru

U-Turn Back

Circle of 4 (Left/Right, ½, ¼, ¾)

Veer Left / Right

Bend The Line (from 2FL)

### 8-Person Calls (Lines, 8-Chain)

Lead Right / Lead Left

[...] Bend The Line (from 1FL)

Couples Circulate

Dive Thru (\*)

*Dancer Naming: Centers/Ends*

*Boys/Girls/Centers/Ends*

*... Circulate (from 2FL only)*

*... Trade (from 2FL, incl. Couples)*

Wheel & Deal (from 2FL, Lines)

Chain Down The Line [RH2FL] (\*)

Circle To A Line

### Techniques & Learning Resources

*Good Dancing Techniques:*

*Teamwork, Handholds*

*“Giving Weight”, “Breathing”*

*Square Dance Etiquette*

*Calls Taught List w/Tutorials*

*Taminations, Live Demo Videos*

## Day 1, Part 2

### 2-Couple (or 2-Person) Calls

[M] Slide Thru (*mixed sex only*)

Square Thru (1-4) [NOT Left]

Partner Trade (from Couples)

[ Reverse ] Flutterwheel

Sweep 1/4 (after Flutterwheel or W&D)

### Tandems, DPT (8-person calls)

*Dancer Naming:*

*Leaders/Trailers/Tandems*

Double Pass Thru (DPT)

First/Next Go Left/Right

Ferris Wheel / Zoom

Trade By (“Pass & Trade”)

### Miscellaneous

Wheel Around (general) (\*)

*“Don’t Stop, Don’t Slow Down”*

*“Wheel Around and Make Lines”*

## Day 2 (7 hours w/2 30-minute breaks)

### Alamo Rings

Alamo Style Wave

Alamo Swing Thru

Balance (\*)

### Waves

Step To A Wave

Swing Thru (from Waves)

Boys/Girls/Centers/Ends

*... Run (to/from Waves)*

*... Circulate & Trade*

Dosado To A Wave (\*)

All 8 Circulate

Pass The Ocean

Extend (from ¼ Tag only)

<Facing Couples Rule>

### Columns

Touch 1/4

Column Circulate

Boys/Girls/Centers/Ends

*... Trade & Run*

### Boxes (2-Couple)

Box Circulate

[M] Hinge (Single, *Couples*)

[M] Cast Off 3/4

[M] Scoot Back (NOT 1/4 Tag)

[M] [ Cross ] Fold

[M] Recycle

### Lefts

*Left (\*)* Swing Thru

*Left (\*)* Square Thru

*Left (\*)* Touch 1/4

*Cross* Run

### Sashays

*Terms: Sashayed, Normal*

Half Sashay (\*)

[...] Rollaway (Couples)

Box The Gnat

### 8-Person Calls

Split Circulate

[M] (Put) Centers In (\*)

Wrong Way Promenade

Wrong Way Grand

Backtrack

### Tags

[M] Tag The Line

(In/Out/Left/Right)

[M] Half Tag

[M] *Left* [ Half ] Tag

[...] Extend (General)

### Separates (8-Person Calls)

Split (The Outside) Two

Separate (and *Anything*)

*... Around 1 or 2*

*... To A Line*

*... Come Into The Middle*

### Extended Applications (\*)

[...] Chain Down The Line  
(from LHW)

(RLG, Square Thru)

*On The Nth Hand*

[...] 2 Ladies Chain ¾