

Lesson Plan for “SD 101: Modern Square Dance Fundamentals (SSD-50)” – 3-Day Blast Class

Day 1 (4 hours)

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 or Corner)

Techniques & Learning Resources

Good Dancing Techniques:

Teamwork, Handholds

“Giving Weight”, “Breathing”

Calls Taught List w/Tutorials

Taminations, Live Demo Videos

Square Dance Etiquette

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)

Ladies/Men Promenade Inside

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)

Singing Calls

Ladies In, Men Sashay

Rollaway (to/from Circle Left)

Weave The Ring (WTR)

Grand Square

Singing call “Star Routes” (to Corner)

2-Faced Lines (2-Couple)

Dancer Naming: Centers/Ends (2FL)

Veer Left / Right

Bend The Line (from 2FL)

Centers/Couples Trade (from 2FL)

Chain Down The Line [RH2FL]

8-Person Calls (Lines, 8-Chain)

[...] *Dancer Naming: Centers/Ends*

Lead Right / Lead Left

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

Boys/Girls/Centers/Ends/Couples

... Circulate (from 2FL only)

Wheel & Deal (from 2FL, Lines)

Day 2 (4 hours)

2-Couple (or 2-Person) Calls

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

Square Thru (1-4) [NOT Left]

Partner Trade (from Couples)

[Reverse] Wheel Around

[Reverse] Flutterwheel

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

Alamo Rings

Alamo Style Wave

Alamo Swing Thru

Balance

Tandems, DPT (8-person calls)

Dancer Naming:

Leaders/Trailers/Tandems

Double Pass Thru (DPT)

First/Next Go Left/Right

Ferris Wheel / Zoom

Miscellaneous 8-Person Calls

Dive Thru

Trade By (“Pass & Trade”)

Circle To A Line

“Don’t Stop, Don’t Slow Down”

“Wheel Around and Make Lines”

Waves

Step To A Wave

Swing Thru (from Waves)

Boys/Girls/Centers/Ends

... Run (to/from Waves)

... Circulate & Trade (from Waves)

Dosado To A Wave

All 8 Circulate

Pass The Ocean

Extend (from ¼ Tag only)

<Facing Couples Rule>

Day 3 (4 hours)

Columns

Touch 1/4

Column Circulate

Boys/Girls/Centers/Ends

... Trade & Run (Columns)

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 (from Waves)

Lefts (2-Couple or Waves)

Left Swing Thru

Left Square Thru

Left Touch 1/4

Cross Run

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

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 (*)

(RLG, Square Thru)

On The Nth Hand

[...] 2 Ladies Chain ¾