

SSD Lesson Plans

Lesson 1

Circle Left / Circle Right

Forward and Back

Dosado

Swing

Promenade

(Couples / Single File / Wrong Way / Star)

Allemande Left / Arm Turns

Right & Left Grand

(Weave the Ring / Wrong Way Grand)

Left-Hand Star / Right-Hand Star

Courtesy Turn / Ladies Chain

Pass Thru

Wheel Around / Reverse Wheel Around

Lesson 2

Star Thru / Slide Thru

Half Sashay / Rollaway / Ladies In Men Sashay

Lesson 3

California Twirl

Bend the Line

U-Turn Back / Backtrack

Dive Thru

Lesson 4

Square Thru

Grand Square

Lesson 5

Lead Right / Lead Left

Veer Left / Veer Right

Circulate *(Couples / Named Dancers)*

Trade *(Couples / Named Dancer)*

Chain Down the Line

Lesson 6

Right & Left Thru

Flutterwheel / Reverse Flutterwheel

Sweep a Quarter

Lesson 7

Circle to a Line

Separate

Around 1 or 2: (To a Line / Come Into the Middle) Split 2

Wheel & Deal

Double Pass Thru

First Couple Go Left/Right, Next Couple Go Right/Left

Lesson 8

Ocean Wave Family

Step to a Wave / Dosado & 2 Hand Circle Half to a Wave

Alamo Style / Balance

Trade *(Named Dancers, Right/LEFT-HAND)*

Swing Thru

Run / Cross Run

Lesson 9

Pass the Ocean

Extend

Zoom

Lesson 10

Centers In

Cast Off $\frac{3}{4}$

Ferris Wheel

Partner Trade

Trade By

Lesson 11

Box the Gnat

Hinge *(Single / Couples)*

Touch $\frac{1}{4}$

Circulate *(Named Dancers / All 8 / Single File)*

Tag the Line / Half Tag

Lesson 12

Circulate *(Split / Box)*

Fold / Cross Fold

Scoot Back

Recycle