

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