

SSD Lesson Plans

Lesson 1

Circle Left / Right
Forward & Back
Dosado
Swing
Promenades
Allemande Left / Arm Turns
R & L Grand / Weave
L Hand / R Hand Stars
Courtesy Turn / Ladies Chain
Pass Thru
Grand Square
Ladies Center / Men Sashay

Lesson 2

Star Thru / Slide Thru
U-Turn Back
Half Sashay / Rollaway
California Twirl

Lesson 3

Bend the Line
Backtrack
Dive Thru

Lesson 4

Square Thru
Wheel Around / Reverse

Lesson 5

Lead Right / Left
Veer Left / Right
Circulate (named dancers)
Trade (named dancers)
Chain Down the Line

Lesson 6

Right & Left Thru
Flutterwheel / Reverse
Sweep a Quarter

Lesson 7

Circle to a Line
Separate
Split Two
Wheel & Deal
Double Pass Thru
1st Go Left / Next Go Right

Lesson 8

Ocean Waves
Alamo Style / Balance
Trade (named dancers)
Swing Thru
Run / Cross Run

Lesson 9

Pass the Ocean
Extend
Zoom

Lesson 10

Centers In
Cast Off Three quarters
Ferris Wheel
Partner Trade
Trade By

Lesson 11

Box the Gnat
Hinge
Touch a Quarter
Circulates
Tag the Line
Half Tag

Lesson 12

Circulate (split/box)
Fold / Cross Fold
Scoot Back
Recycle