

**10 Week Lesson Plan****Lesson 1**

Partner/corner  
 Square Formation (Heads/Sides/Couple ID/Home)  
 Lead Right/Left  
 Arm turns- Right and Left (Allemand Left)  
 Stars-Right and Left  
 Circle-Left and Right  
 Dosado  
 Veer-Left and Right  
 Bend the Line  
 Forward and Back  
 Pass Thru  
 California Twirl  
 Right and Left Grand (Weave the ring)  
 Promenade(Couples, 1/2, Inside, single file)  
 Swing  
 Grand Square  
 Courtesy Turn  
 Ladies Chain (Heads/Sides/All Four/Three-quarters)

**Lesson 2**

Separate, around one, into the middle  
 Split the outsides  
 Sashay (Half/Rollaway/Ladies in/Men in)  
 Square thru  
 U-Turn Back  
 Backtrack

**Lesson 3**

Star thru  
 Box the gnat  
 Wrong way grand  
 Right and left thru  
 Wheel around  
 Dive Thru

**Lesson 4**

Ocean Wave (incl Alamo style)  
 Swing thru  
 Extend  
 Run (no cross run)

**Lesson 5**

Pass the Ocean  
 Circulate (boys, girls, ends, centers, couples)  
 Trades (no partner trade)

**Lesson 6**

Chain down the line  
 Walk around the left hand lady  
 See saw  
 Do Paso

**Lesson 7**

Wheel and Deal  
 Partner trade  
 Trade by

**Lesson 8**

Flutterwheel/Reverse flutterwheel  
 Sweep 1/4  
 Zoom  
 Touch 1/4

**Lesson 9**

Ferris Wheel  
 Double Pass Thru  
 1st couple left next/couple right  
 Circle to a Line

**Lesson 10**

Circulate (Split and Box)  
 Circulates (all eight, Single file)  
 Left Square thru  
 Wrong way promenade  
 Star Promenade