

Mainstream
10 Week Lesson Plan

10 Week Mainstream Lesson Plan - Lac-A-Do Hall

Lesson 1

Clover Leaf
Allemande Thar
Shoot the star
Wrong way thar
Slip the clutch

Lesson 2

Pass to the Center
Slide Thru

Lesson 3

Walk & Dodge

Lesson 4

Turn thru
Spin the Top

Lesson 5

Single Hinge
Couples Hinge

Lesson 6

Dixie Style
Cross Run
Left Swing thru

Lesson 7

Fold/Cross Fold
Scoot Back

Lesson 8

Tag the Line
1/2 Tag
Half Tag
3/4 Tag

Lesson 9

Recycle
Spin Chain Thru

Lesson 10

8 Chain Thru
Centers In/Out
Cast off 3/4