



CLASS 7 | LET'S HAVE A HOEDOWN!

Have fun with square dancing traditions for an energizing physical and intellectual workout.

TBH FOCUS

 **MOVE IT**

SKILLS WORKED

       

SBBT

 **ALL TOGETHER**

YOU WILL NEED

- A video source and speakers
- A music source and speakers
- Music selections from the *TBH Let's Have a Hoedown!* music playlist
- *TBH Let's Have a Hoedown!* video prompt
- Option to use square dance props such as bandanas, cowboy hats, calico kerchiefs, etc.



WELCOME TO CLASS!

2 MINUTES

- Welcome everyone to the activity.
- Provide opportunity for orientation to person, place and time.
- Introduce the class topic.
- If teaching one-to-one, adjust scripting accordingly.

Welcome everyone! I'm so glad we are here together.

Let's make sure we all know each other. I'm (state your name and your role, if applicable). **And this is** (if in a group, allow time for introductions providing assistance as needed).

We are sitting in the (description of room or location). **Today is** (day of the week, month, date). **It is** (share description of the weather, time of year, important anniversary date, etc.).

This is our brain wellness class. We are here to learn and enjoy our time together. We will do some things to keep us healthy across body, mind and spirit. And we will have fun!



TBH LET'S GET IT STARTED!

3 MINUTES

- Lead this upbeat, seated warm-up to build focus, energy, and get everyone ready to learn.
- See the *TBH Let's Get It Started!* playlist for suggested music to set the pace of your workout.
- See the course introduction for a fully scripted version of this workout.

Let's start with a warm-up exercise. We will be moving and thinking together right in our seats! Watch what I do and follow along.

FEET GET STARTED!

- ▶ *Tap toes on both feet, up and down. 10 repetitions. Count together 1 to 10.*

LEGS GET STARTED!

- ▶ *Stamp feet on the ground to the beat of the music. Make "noise" with group.*
- ▶ *Gently kick legs out from the knee, alternating legs. 10 repetitions. Count together 1 to 10.*
- ▶ *March in place, alternating legs. 10 repetitions. Count together 1 to 10.*

ARMS GET STARTED!

- ▶ *Gently shake arms, open and close hands.*
- ▶ *Circle wrists a few times in clockwise and counterclockwise.*
- ▶ *Gently circle arms. 5 repetitions. Count together 1 to 5.*
- ▶ *Shrug shoulders up and down, with hands on knees. 5 repetitions. Count together 1 to 5.*

VOICES GET STARTED!

- ▶ *Say "OHHHHHHHHHHH." Have group say sound with you. Hold for a few seconds.*
- ▶ *Say "EHHHHHHHHHHH." Have group say sound with you. Hold for a few seconds.*
- ▶ *Say "AHHHHHHHHHHH." Have group say sound with you. Hold for a few seconds.*
- ▶ *Repeat each sound again. Have group say sound with you. Hold for a few seconds.*

BREATH GETS STARTED!

- ▶ *Slow focus to bring awareness to sitting still in chair.*
- ▶ *Take a deep breath in through the nose. Exhale out through the mouth.*
- ▶ *Repeat slow, focused breathing for 5 rounds.*
- ▶ *Give selves big hug, wrapping arms across waist and squeezing gently, as able.*
- ▶ *Thank selves and send some "TBH love" to our brains!*

Great job, everyone! We are started up and ready to go!



LEARN THE TBH SCIENCE

3 MINUTES

- Engage everyone in a brief discussion about the class.
- Adapt the discussion as needed to ensure everyone is included and participating as they are able, verbally or non-verbally.

Today's workout is called "Let's Have a Hoedown!" A hoedown is a big community dance. Hoedowns became very popular when America was young. They were an important way folks who lived far away from each other could get together to socialize and have a good time.

What kind of dancing would you do at a hoedown? Square dancing! Square dancing is an old way of dancing. It became popular again during the 1940s. Many of us learned how to square dance in school. We square dance with a partner, in a "square" with other couples. There is a leader or "caller" who tells us the steps. Square dancing can be very social and a lot of fun!

Did you ever square dance? What do you remember about square dancing?



NOW DO IT

15+ MINUTES

- Lead your student/s in the workout.
- Students should remain seated for this activity. If possible, move your chairs so student/s are facing you and/or each other in a square pattern.
- Invite student/s to join you for a "square dance." Clap and stomp feet along to the traditional square dance music and calls. Option to introduce certain moves for the square dance calls.
- Use selections from the *TBH Let's Have a Hoedown!* music playlist or video prompt for this activity. Option to select music with or without traditional "callers" (dance instruction).
- Continue as long as time allows or to the comfort of your student/s.
- Adapt the workout as directed to allow everyone to benefit optimally from the activity.
- When repeating this class, select different music from the playlist.

Now we are going to have a bit of a hoedown, together! We will play some traditional square dance music. Let's have fun clapping our hands and stomping our feet as we follow along! We can say things like "yee haw!" and "swing your partner!" and "sashay away!"

If using music with callers, say: **We will hear some traditional calling with the music. This is the "caller" telling all the dancers what steps to do.**

If using square dancing props, distribute and say: **Here are some things to help us get in a hoedown party mood!**

If offering movements for square dance calls, say: **Follow me! When the caller says** (name of the square dance step), **we will all** (describe and demonstrate the movement).



TBH LET'S HAVE A HOEDOWN! CALL MOVEMENTS

Honor Your Corner. Bow to each other.

Promenade. Step in place, alternating right foot, left foot.

Do Se Do. Shoulders “in” toward the midline, alternating right shoulder, left shoulder.

Allemande. Crook arm at the elbow and rock gently left to right.

Swing Your Partner. Sway gently left to right from the waist.

Grand Left/Grand Right. Clap hands towards the left/clap hands towards the right.



VARIATIONS

- **Make It Harder.** Use music with calls and have students follow along with you using the movements above. Or use music without calling and call out and demonstrate movements along with the music for student/s to follow.
- **Make It Easier.** Have students clap and stomp along to the music at their own pace. Call out and repeat the names of the traditional steps together.
- **Back-Up Plan.** Sing along, hum or move gently to music from the *TBH Let's Have a Hoedown!* playlist in a manner that best engages the student/s. Talk about the music's pace, or about feelings the music brings up.



TBH TAKEAWAY

3 MINUTES

- Engage everyone in a brief recap of the class.
- Adapt the discussion as needed to ensure everyone is included and participating as they are able, verbally or non-verbally.

Today's class really got us moving! It was fun to have our own “hoedown” and dance to the music. And we got some good exercise for our bodies and our brains!

Can you share something you liked today?



TBH TAKE A BREATH

3 MINUTES

- Lead this signature TBH relaxation and affirmation exercise to close class.
- See the *TBH Take a Breath* playlist for suggested music to set the pace of your workout.
- See the course introduction for a fully scripted version of this workout.

We will finish by relaxing together. We will use our breath to help us focus and feel calm. We will share how grateful we are to be together.



- ▶ Have student/s get comfortable, resting both feet flat on the floor, hands resting in their laps on their thighs.
- ▶ Have student/s close their eyes and keep them gently closed if they are comfortable doing so.
- ▶ Ask student/s to focus their attention on their breathing, noticing the rate and rhythm of their breath. Allow them to focus on their natural breathing for a few moments.
- ▶ Instruct student/s to begin rhythmic breathing. Ask them to inhale slowly and deeply through their nostrils, breathing gently into their chest and belly. Then ask them to exhale slowly through their lips, slowing the rate and rhythm of their breath.
- ▶ Have student/s continue rhythmic breathing, instructing them to continue to focus on gently and slowly inhaling and exhaling, allowing their attention to simply “ride” the wave of their breath. Allow them to focus on rhythmic breathing for several moments.
- ▶ Offer the following positive affirmation statements below in a calm, slow voice.
- ▶ Invite student/s to simply listen or to repeat the phrase together with you.

My mind is relaxed.
I am glad to dance with the music.
I am glad to meet new people.
I am glad to be with friends.

- ▶ Pause for several moments, allowing your student/s to continue focusing on their breathing.
- ▶ End the exercise by inviting your student/s to bring their awareness back to the room, gently opening their eyes if closed, and becoming more aware of the room and of each other.
- ▶ Invite them to end practice with gratitude for taking a moment for themselves, for the chance to learn together and to connect with each other.



COMING UP NEXT!

1 MINUTE

- Thank student/s for attending the class.
- Invite student/s to join you for the next class.

I am glad we had time together today. I really liked having a hoedown with you!

I hope you will join me for our next brain wellness class.



CLASS RESOURCES

[*TBH Let's Have a Hoedown! Video Prompt.*](#) Use the video selections in this playlist for the activity. You can use the videos for the music only.

[*TBH Let's Have a Hoedown! Online Playlist.*](#) Use the musical selections in this playlist for the activity.

ADDITIONAL RESOURCES

You can use these resources to familiarize yourself with square-dance traditions prior to class.

[*Square Dance History Project.*](#) This website offers a good overview of the tradition of square dancing in American history, as well as additional video and audio resources for your class.

[*The Hallmark Channel. How to Square Dance: 12 Basic Calls for Square Dancing.*](#) A helpful overview of traditional square-dancing steps you can use to learn the traditional motions before the class.

[*Smithsonian Magazine. Square-Dancing is Uniquely American.*](#) This article details additional history as well as the contributions of African American and Native Americans to American square-dancing traditions.

[*TBH Let's Have a Hoedown! Music Playlist.*](#) Suggested traditional square dance music to use if making your own playlist for this class.

SONG TITLE
Oh Susanna!
Skip to the Lou
Turkey in the Straw
Red River Girl