




CLASS 7 | LET'S HAVE A HOEDOWN!

TBH CARE 1.0 PROGRAM

TBH FOCUS

 MOVE IT

SBBT

 ALL TOGETHER

SKILLS WORKED

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TOPIC

How dancing supports thinking, physical wellbeing, and connection.

WHAT

Use square dancing to engage everyone to move and reminisce together.

YOU WILL NEED

- A music source and speakers
- *TBH Let's Have a Hoedown!* music selections
- *TBH Let's Have a Hoedown!* cards or slides
- Option to use square dance props such as bandanas, cowboy hats, calico kerchiefs, etc.



WELCOME

10 MINUTES

- Welcome students with a short orientation to the location, time, and people in the room.
- Share in simple terms how engaging our minds together is good for our thinking and wellbeing.



LET'S GET IT STARTED

10 MINUTES

- Lead the optional seated physical warmup.
- See online class for directions.

SHARE THE SCIENCE

Share these science facts before or during the training workout.

- A hoedown is a big community dance.
- Did you know that 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.
- Square dancing is a kind of dance you do at a hoedown.
- Square dancing is an old way of dancing. It became popular again during the 1940s.

continued...



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- Many of us learned to square dance in school. Square dancing can be very social and a lot of fun!
- We square dance with a partner, in a “square” with other couples.
- A leader or “caller” who tells us the steps in a square dance.
- What do you remember about square dancing?



LET'S TRAIN

20+ MINUTES

- Lead student/s in a “square dance.”
- Students should remain seated. If possible, move the chairs so students are facing each other in a square pattern.
- Play a *TBH Let's Have a Hoedown!* music selection
- Share 2 to 3 *TBH Let's Have a Hoedown!* cards/slides to introduce topic of square dancing.
- Clap and stomp feet along to the traditional square dance music and calls.
- Option to try 1 or 2 of the *TBH Let's Have a Hoedown!* call moves below together along with the square-dancing calls.

TBH LET'S HAVE A HOEDOWN! CALL MOVES

Honor Your Corner. Bow to each other.

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

Do Se Do. Shoulders “in” toward the middle, alternating right and left.

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.



ADAPT THE WORKOUT

Adapt as needed so everyone can fully benefit from the workout.

- **Make It Harder.** Use music that has call prompts or call out the move names above. Have students follow along with you using the moves.
- **Make It Easier.** Have students move to the music. Talk about the music's pace, feelings the music brings up.
- **Backup Plan.** Sing along, hum or move gently to the music.



TAKE A BREATH

10 MINUTES

- Lead this optional breathing relaxation cooldown.
- See online class for directions.



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JOIN ANOTHER CLASS!

5 MINUTES

- Thank students for attending class and square dancing together.
- Invite them to join your next class session.



MORE RESOURCES

- See online class.

FOR NEXT TIME

Repeat the class to boost mastery and confidence.

- Use different music selections.
- Try different *TBH Let's Have a Hoedown!* call moves together.