

**American Callers Inc**  
**One Floor Dance Program**  
**Suggested Lesson Plan**  
web page- [americancallers.com](http://americancallers.com)

**LESSON 1 BASIC SQUARE**

1. Dancer Naming - Partner/Corner -Heads/Sides -Couples
2. **FORWARD AND BACK**
3. **ALLEMANDE LEFT / ARM TURNS**
4. **PROMENADE** (full, 1/2, 3/4 and single file)
5. **RIGHT & LEFT GRAND / WEAVE THE RING**
6. **CIRCLE FAMILY** (circle 4 or 8 - right/left 1/2,3/4 & full . )
7. **SWING**
8. **RIGHT HAND STAR / LEFT HAND STAR** (boys/girls-heads/sides and from single file.)
9. **PASS THRU**
10. **PARTNER TRADE / CALIFORNIA TWIRL** (partner trade with hands)
11. **DO SA DO & SEE SAW**
12. **ALL-ROUND THE LEFT HAND LADY**

**LESSON 2 review previous lesson and teach lesson 2**

13. **COURTESY TURN**
14. **LADIES CHAIN FAMILY** (two ladies, four ladies, and 3/4.)
15. **STAR THRU / SLIDE THRU**
16. **RIGHT & LEFT THRU**

**LESSON 3 review previous and teach lesson 3**

17. **PASS TO THE CENTER**
18. **BEND THE LINE**
19. **SQUARE THRU FAMILY (1-5)**

**LESSON 4 review previous and teach 4**

20. **STAR PROMENADE**
21. **LEAD RIGHT & CIRCLE TO A LINE**
22. **THAR FAMILY** (allemande thar, shoot the star and wrong way thar)

**LESSON 5 review previous and teach 5**

23. **SLIP THE CLUTCH**
24. **SASHAY FAMILY** (ladies in men sashay)
25. **U-TURN BACK**
26. **GRAND SQUARE**

**LESSON 6 review previous and teach 6**

27. **WHEEL AROUND**
28. **OCEAN WAVE** (right & left hand wave and alamo style.) & PASS THE OCEAN
29. **SWING THRU** (left swing thru & alamo swing thru.)
30. **EXTEND**

**LESSON 7 review 6 and teach 7**

31. RUN FAMILY / CROSS RUN (ends, centers, boys, and girls.)
32. TRADE FAMILY (from lines facing out boys, girls, ends, centers and couples.)  
( from ocean waves and two face lines. boys, girls, ends, centers, and couples.)

**LESSON 8 review 7 and teach 8**

33. WHEEL AND DEAL FAMILY (lines out and two face lines.)
34. DOUBLE PASS THRU
35. ZOOM
36. CENTERS IN
37. CAST OFF 3/4

**LESSON 9 review 8 and teach 9**

38. TOUCH 1/4
39. TRADE BY
40. FLUTTER WHEEL / REVERSE FLUTTER WHEEL

**LESSON 10 review 9 and teach 10**

41. CIRCULATE FAMILY (couples, boys, girls, ends, centers, eight, split, box, and single file.)
42. VEER RIGHT / VEER LEFT
43. SWEEP A QUARTER

**LESSON 11 review 10 and teach 11**

44. EIGHT CHAIN THRU (1-8)
45. FERRIS WHEEL
46. SPIN THE TOP

**LESSON 12 review 11 and teach 12**

47. HINGE FAMILY-COUPLES -PARTNER-SINGLE
48. WALK AND DODGE
49. FOLD & CROSS FOLD

**LESSON 13 review 12 and teach 13**

50. SPIN CHAIN THRU
51. TAG THE LINE / HALF TAG (in / out-right / left)

**LESSON 14 review 13 and teach 14**

52. TURN THRU (easy teach extend-trade-extend)
53. SCOOT BACK (easy teach extend-trade-extend - outfacers fold)
54. RECYCLE

**LESSON 15 review 14 and teach 15**

- 55. CLOVERLEAF
- 56. DIXIE STYLE TO A WAVE
- 57. TEA CUP CHAIN

**LESSON--16 review 15 and teach 16**

- 58. DIAMONDS (circulate, flip & cut)
- 59. LOAD THE BOAT
- 60. PING PONG CIRCULATE

**LESSON 17 review 16 and teach 17**

- 61. TRACK TWO
- 62. RELAY THE DEUCEY

**LESSON 18 review 17 and teach 18**

- 63. FOLLOW YOUR NEIGHBOR
- 64. ANYTHING & SPREAD
- 65. COORDINATE

**FOR THE NEXT TWO LESSONS DANCERS WILL NEED TO DO LOTS OF REVIEWING.**

**If you can teach two nights a week, you will find the above can be taught in 10 weeks**

ACA recommends two or more hours a week for this suggested twenty week lesson plan.  
Some Callers will want to change or defer certain calls until later to fit their teaching style.