

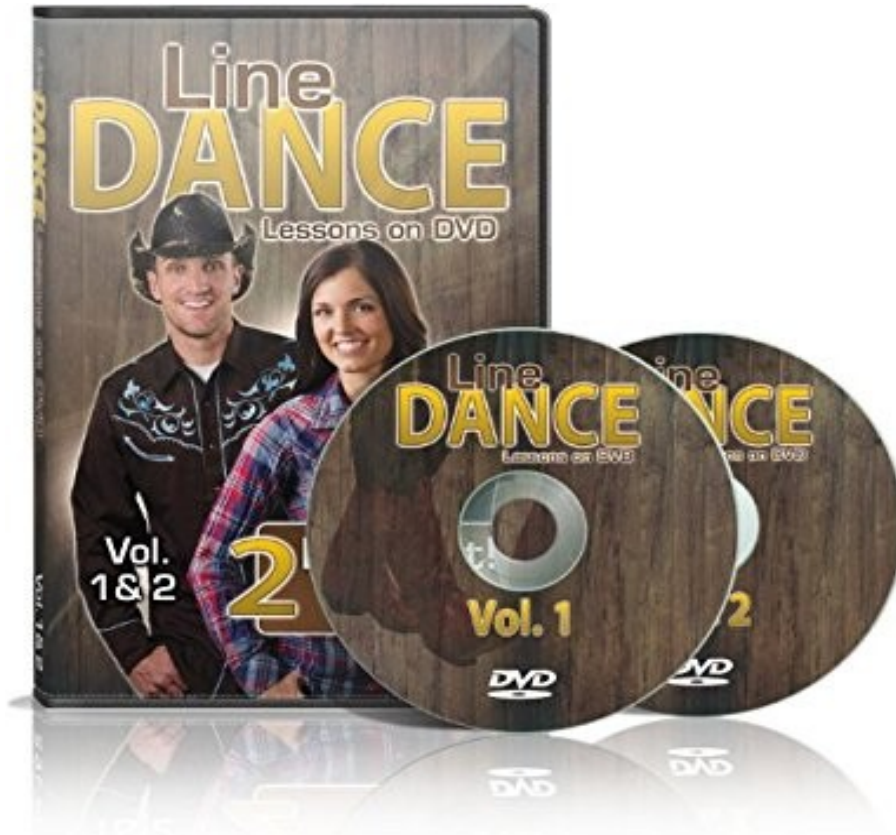


**ASCENT
ADVANTAGE
ACADEMY**
A DBA OF BEEHIVE LDS SCHOOLING, LLC

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Dance 8: Line Dancing 2



By **UTAHCOUNTRYDANCE.com**

Syllabus compiled and written by
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Dance 8: Line Dancing 2

The high school dance curriculum moves in two directions. One is social dance; the other is country dance. Yes, Country Dancing IS social dancing, - it's just not the waltz, fox trot, cha cha and samba! The first two years are dedicated to Country Dancing – Line Dancing in particular. Then, we move into Social Dance where students also learn two version of the Swing Dance. Finally, we offer the Two Step.

Objectives:

- To review the nine Line Dancing Steps taught in Part 1.
- To review the ten Line Dances taught in Part One.
- To be able to complete the Low Impact Aerobic portion at the end of Volume I in which the ten Line Dances taught in Level 1480 are danced in quick succession, making for a terrific workout.
- To learn the ten line dances offered in Volume 2
- To be able to complete the Low Impact aerobic portion at the end of Volume 2 in which the ten Line Dances taught in Level 1580 are danced in quick succession.

Materials:

- Line Dance Lessons on DVD from www.UtahCountryDance.com or amazon. \$22.99
- DVD player
- Dance area
- Family or friends who also want to learn (You CAN do this on your own, it is just more fun doing it with other.)
- Notebook.

Course Format:

- Daily lessons – four days a week – 36 weeks
- Short, repetitive sessions.

Dance 8: Line Dancing 2 Lesson Grid

| Lesson # | Assignment |
|-----------------|---|
| 1 | Make a Playlist – This week: <ul style="list-style-type: none">• Use the list of music at the end of this syllabus and make a playlist so that you will have music to practice the various steps and dances.• Record them in the order they appear on the list |
| 2 | Go to Disc I – Volume I <ul style="list-style-type: none">• Refresh and practice the first 5 steps taught |
| 3 | Go to Disc 1 – Volume I <ul style="list-style-type: none">• Refresh and practice the last four steps taught |
| 4 | Finish the Playlist Test on the steps: <ul style="list-style-type: none">• Know the name• Describe the movement• Demonstrate the movement |
| 5 | WEEKLY RS |

| | |
|----|---|
| 6 | Learn & Practice the HITCHIN' DANCE <ul style="list-style-type: none"> • Access in the Dances portion of the DVD • Watch the demonstration • Write down the steps in your notebook. • Practice with the demonstration • When you feel confident, go to the Dance Practice Low Impact Cardio portion of the DVD. Dance with the instructors through the full dance. • Repeat each day. |
| 7 | |
| 8 | |
| 9 | |
| 10 | WEEKLY RS |
| 11 | Practice the HITCHIN' DANCE and any from Vol 1 you'd like to |
| 12 | |
| 13 | |
| 14 | |
| 15 | WEEKLY RS |
| 16 | Practice the HITCHIN' DANCE and any from Vol 1 you'd like to |
| 17 | |
| 18 | |
| 19 | |
| 20 | WEEKLY RS |
| 21 | Learn & Practice the TAILGATE DANCE <ul style="list-style-type: none"> • Access in the Dances portion of the DVD • Watch the demonstration • Write down the steps in your notebook. • Practice with the demonstration • When you feel confident, go to the Dance Practice Low Impact Cardio portion of the DVD. Dance with the instructors through the full dance. • Repeat each day. |
| 22 | |
| 23 | |
| 24 | |
| 25 | WEEKLY RS |
| 26 | Practice the TAILGATE and <ul style="list-style-type: none"> • review the HITCHIN' |
| 27 | |
| 28 | |
| 29 | |
| 30 | WEEKLY RS |
| 31 | Practice the TAILGATE and <ul style="list-style-type: none"> • review the HITCHIN' |
| 32 | |
| 33 | |
| 34 | |
| 35 | WEEKLY RS |
| 36 | Learn & Practice the THE CRAWL DANCE <ul style="list-style-type: none"> • Access in the Dances portion of the DVD • Watch the demonstration • Write down the steps in your notebook. • Practice with the demonstration • When you feel confident, go to the Dance Practice Low Impact Cardio portion |
| 37 | |
| 38 | |
| 39 | |

| | |
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| | <ul style="list-style-type: none"> of the DVD. Dance with the instructors through the full dance. Repeat each day. |
| 40 | WEEKLY RS |
| 41 | Practice THE CRAWL |
| 42 | <ul style="list-style-type: none"> review the Tailgate review HITCHIN' |
| 43 | |
| 44 | |
| 45 | WEEKLY RS |
| 46 | Practice THE CRAWL |
| 47 | <ul style="list-style-type: none"> review the Tailgate review HITCHIN' |
| 48 | |
| 49 | |
| 50 | WEEKLY RS |
| 51 | Learn & Practice the COME ON OVER DANCE |
| 52 | <ul style="list-style-type: none"> Access in the Dances portion of the DVD Watch the demonstration |
| 53 | <ul style="list-style-type: none"> Write down the steps in your notebook. Practice with the demonstration |
| 54 | <ul style="list-style-type: none"> When you feel confident, go to the Dance Practice Low Impact Cardio portion of the DVD. Dance with the instructors through the full dance. Repeat each day. |
| 55 | WEEKLY RS |
| 56 | Practice the COME ON OVER Dance |
| 57 | <ul style="list-style-type: none"> review the CRAWL Review the TAILGATE |
| 58 | <ul style="list-style-type: none"> REVIEW the HITCHIN' |
| 59 | |
| 60 | WEEKLY RS |
| 61 | Practice the COME ON OVER Dance |
| 62 | <ul style="list-style-type: none"> review the CRAWL Review the TAILGATE |
| 63 | <ul style="list-style-type: none"> REVIEW the HITCHIN' |
| 64 | |
| 65 | WEEKLY RS |
| 66 | Learn & Practice the CHA CHA GLIDE DANCE |
| 67 | <ul style="list-style-type: none"> Access in the Dances portion of the DVD Watch the demonstration |
| 68 | <ul style="list-style-type: none"> Write Down the Steps in your notebook. Practice with the demonstration |
| 69 | <ul style="list-style-type: none"> When you feel confident, go to the Dance Practice Low Impact Cardio portion of the DVD. Dance with the instructors through the full dance. Repeat each day. |
| 70 | WEEKLY RS |
| 71 | Practice the CHA CHA GLIDE DANCE and |
| 72 | <ul style="list-style-type: none"> review the COME ON OVER |

| | |
|-----|---|
| 73 | <ul style="list-style-type: none"> • review the CRAWL |
| 74 | <ul style="list-style-type: none"> • review TAILGATE • review HITCHIN' |
| 75 | WEEKLY RS |
| 76 | Practice the CHA CHA GLIDE DANCE and |
| 77 | <ul style="list-style-type: none"> • review the COME ON OVER |
| 78 | <ul style="list-style-type: none"> • review the CRAWL |
| 79 | <ul style="list-style-type: none"> • review TAILGATE • review HITCHIN' in the Low Impact Cardio Program |
| 80 | |
| 81 | Practice the CHA CHA GLIDE DANCE and |
| 82 | <ul style="list-style-type: none"> • review the COME ON OVER |
| 83 | <ul style="list-style-type: none"> • review the CRAWL |
| 84 | <ul style="list-style-type: none"> • review TAILGATE • review HITCHIN' in the Low Impact Cardio Program |
| 85 | WEEKLY RS |
| 86 | Practice the CHA CHA GLIDE DANCE and |
| 87 | <ul style="list-style-type: none"> • review the COME ON OVER |
| 88 | <ul style="list-style-type: none"> • review the CRAWL |
| 89 | <ul style="list-style-type: none"> • review TAILGATE • review HITCHIN' in the Low Impact Cardio Program |
| 90 | WEEKLY RS |
| 91 | Learn & Practice the PLAYIN' CHICKEN DANCE |
| 92 | <ul style="list-style-type: none"> • Access in the Dances portion of the DVD |
| 93 | <ul style="list-style-type: none"> • Watch the demonstration |
| 94 | <ul style="list-style-type: none"> • Write Down the Steps in your notebook. • Practice with the demonstration • When you feel confident, go to the Dance Practice Low Impact Cardio portion of the DVD. Dance with the instructors through the full dance. • Repeat each day. |
| 95 | WEEKLY RS |
| 96 | Practice the PLAYIN' CHICKEN DANCE and |
| 97 | <ul style="list-style-type: none"> • review CHA CHA GLIDE |
| 98 | <ul style="list-style-type: none"> • review the COME ON OVER |
| 99 | <ul style="list-style-type: none"> • review the CRAWL • review TAILGATE • review HITCHIN' in the Low Impact Cardio Program |
| 100 | WEEKLY RS |
| 101 | Practice the PLAYIN' CHICKEN DANCE and |
| 102 | <ul style="list-style-type: none"> • review CHA CHA GLIDE |
| 103 | <ul style="list-style-type: none"> • review the COME ON OVER |
| 104 | <ul style="list-style-type: none"> • review the CRAWL • review TAILGATE • review HITCHIN' in the Low Impact Cardio Program |
| 105 | WEEKLY RS |
| 106 | Learn & Practice the TUSH PUSH DANCE |
| 107 | <ul style="list-style-type: none"> • Access in the Dances portion of the DVD |

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| 108 | <ul style="list-style-type: none"> • Watch the demonstration • Write Down the Steps in your notebook. • Practice with the demonstration • When you feel confident, go to the Dance Practice Low Impact Cardio portion of the DVD. Dance with the instructors through the full dance. • Repeat each day. |
| 109 | |
| 110 | WEEKLY RS |
| 111 | Practice the TUSH PUSH DANCE and |
| 112 | <ul style="list-style-type: none"> • review PLAYIN' CHICKEN • review CHA CHA GLIDE |
| 113 | <ul style="list-style-type: none"> • review the COME ON OVER |
| 114 | <ul style="list-style-type: none"> • review the CRAWL • review TAILGATE • review HITCHIN' in the Low Impact Cardio Program |
| 115 | WEEKLY RS |
| 116 | Practice the TUSH PUSH DANCE and |
| 117 | <ul style="list-style-type: none"> • review PLAYIN' CHICKEN • review CHA CHA GLIDE |
| 118 | <ul style="list-style-type: none"> • review the COME ON OVER |
| 119 | <ul style="list-style-type: none"> • review the CRAWL • review TAILGATE • review HITCHIN' in the Low Impact Cardio Program |
| 120 | WEEKLY RS |
| 121 | Learn & Practice the THE STOMP DANCE |
| 122 | <ul style="list-style-type: none"> • Access in the Dances portion of the DVD • Watch the demonstration |
| 123 | <ul style="list-style-type: none"> • Write Down the Steps in your notebook. • Practice with the demonstration |
| 124 | <ul style="list-style-type: none"> • When you feel confident, go to the Dance Practice Low Impact Cardio portion of the DVD. Dance with the instructors through the full dance. • Repeat each day. |
| 125 | WEEKLY RS |
| 126 | Practice the STOMP DANCE and |
| 127 | <ul style="list-style-type: none"> • review TUSH PUSH • review PLAYIN' CHICKEN |
| 128 | <ul style="list-style-type: none"> • review CHA CHA GLIDE |
| 129 | <ul style="list-style-type: none"> • review the COME ON OVER • review the CRAWL • review TAILGATE • review HITCHIN' in the Low Impact Cardio Program |
| 130 | WEEKLY RS |
| 131 | Practice the STOMP DANCE and |
| 132 | <ul style="list-style-type: none"> • review TUSH PUSH • review PLAYIN' CHICKEN |
| 133 | <ul style="list-style-type: none"> • review CHA CHA GLIDE |
| 134 | <ul style="list-style-type: none"> • review the COME ON OVER • review the CRAWL • review TAILGATE • review HITCHIN' in the Low Impact Cardio Program |
| 135 | WEEKLY RS |

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|---------|---|
| 136 | Learn & Practice the HONKY TONKIN' DANCE |
| 137 | <ul style="list-style-type: none"> • Access in the Dances portion of the DVD |
| 138 | <ul style="list-style-type: none"> • Watch the demonstration |
| 139 | <ul style="list-style-type: none"> • Write Down the Steps in your notebook. • Practice with the demonstration • When you feel confident, go to the Dance Practice Low Impact Cardio portion of the DVD. Dance with the instructors through the full dance. • Repeat each day. |
| 140 | WEEKLY RS |
| 141 | Practice the HONKY TONKIN' |
| 142 | <ul style="list-style-type: none"> • review STOMP |
| 143 | <ul style="list-style-type: none"> • review TUSH PUSH |
| 144 | <ul style="list-style-type: none"> • review PLAYIN' CHICKEN • review CHA CHA GLIDE • review the COME ON OVER • review the CRAWL • review TAILGATE & review HITCHIN' in the Low Impact Cardio Program |
| 145 | WEEKLY RS |
| 146 | Practice the HONKY TONKIN' |
| 147-149 | <ul style="list-style-type: none"> • review STOMP • review TUSH PUSH • review PLAYIN' CHICKEN • review CHA CHA GLIDE • review the COME ON OVER • review the CRAWL • review TAILGATE • review HITCHIN' in the Low Impact Cardio Program |
| 150 | WEEKLY RS |
| 151 | Learn & Practice the POPPIN' DANCE |
| 152 | <ul style="list-style-type: none"> • Access in the Dances portion of the DVD |
| 153 | <ul style="list-style-type: none"> • Watch the demonstration |
| 154 | <ul style="list-style-type: none"> • Write Down the Steps in your notebook. • Practice with the demonstration • When you feel confident, go to the Dance Practice Low Impact Cardio portion of the DVD. Dance with the instructors through the full dance. • Repeat each day. |
| 155 | WEEKLY RS |
| 156 | Practice the POPPIN' DANCE |
| 157 | <ul style="list-style-type: none"> • review HONKY TONKIN' |
| 158 | <ul style="list-style-type: none"> • review STOMP |
| 159 | <ul style="list-style-type: none"> • review TUSH PUSH • review PLAYIN' CHICKEN • review CHA CHA GLIDE • review the COME ON OVER • review the CRAWL • review TAILGATE • review HITCHIN' in the Low Impact Cardio Program |
| 160 | WEEKLY RS |
| 161 | Practice the POPPIN' DANCE |
| 162 | <ul style="list-style-type: none"> • review HONKY TONKIN' |

| | |
|---------|--|
| 163 | <ul style="list-style-type: none"> • review STOMP • review TUSH PUSH • review PLAYIN' CHICKEN • review CHA CHA GLIDE • review the COME ON OVER • review the CRAWL • review TAILGATE • review HITCHIN' in the Low Impact Cardio Program |
| 164 | |
| 165 | WEEKLY RS |
| 166-169 | Practice the dances to be able to pass-off the Low Impact Cardio at the end of Vol 2 |
| 170 | WEEKLY RS |
| 171-174 | Practice the dances to be able to pass-off the Low Impact Cardio at the end of Vol 2 |
| 175 | WEEKLY RS |
| 176-179 | Pass-off the 10-Dance Low Impact Cardio at some point this week. |
| 180 | AWARDS DAY – CELEBRATE! |

**CONGRATULATIONS! Receive your CERTIFICATE of COMPLETION
Line Dance Songs for Line Dance Lessons on DVD Volume 2**

Hitchin'– “I’m From the Country” by Tracy Byrd, or “Good Time” by Alan Jackson

Tailgate – most often danced to “Tailgate” by Neal McCoy,
or “No One Needs to Know” by Shania Twain

The Crawl– most often danced to “Watermelon Crawl” by Tracy Byrd,
or “Ladies Love Country Boys” by Trace Adkins (slower tempo)

Come on Over – most often danced to “God Blessed Texas” by Little Texas,
or “Steam” by Ty Herndon (slower tempo)

Cha Cha Glide – danced to “My Maria” Brooks and Dunn (country option),
or “I Need to Know” by Mark Anthony (latin option),
or “Short Skirt/Long Jacket” by Cake (neutral genre)

Playin’ Chicken– danced to “I Play Chicken with the Train” by Cowboy Troy,
or “Hicktown” by Jason Aldean

Tush Push– most often danced to “The Fireman” by George Strait,
or “Hole in my Head” by Dixie Chicks

The Stomp – most often danced to “Bombshell Stomp” by Bomshel,
or “Jonny Cash” by Jason Aldean

Honky Tonkin'– danced to “Honky Tonk Badonkadonk” by Trace Adkins,
or “I’m Outta Here” by Shania Twain

Poppin' (Hoppin')– most often danced to “Old Pop in an Oak” by Rednex,
or “No News” by Lonestar (slower tempo)