Start: 3:30 **Dance Club**: Teach all moves. (**Record for website**)

Ends: 5:20 **Dance Team**: Routine/ Choreography

Total time: **1 hour and 50min/ 110 min.**

***Lesson Outline:***

***# for steps are when feet touch or are planted in ground!***

**Preplan** each lesson. Lesson consists of 2 dance moves.

\*Visual aids= n/a

Reminders= arms out front, lean side to side.

Knees direct your sway.

Bob/ pause

#1: dougie

1. cooking (different hand movements)
2. Double.

\*Visual aids= wheelchair

Reminders=rowing/wheelchair

#2: cat daddy

1. First right hand in front and left hand back. Then left hand front and right hand back. Execute frontward wheel chair with knee bending. (getting low)

Select appropriate (clean) Music for the two moves and list.

1. teach me how to dougie 3. Cat daddy

2. 4.