

OLLI Course Syllabus

Week 1

- Introductions
- Hearing, Feeling and Seeing Blues Dance Aesthetics
- The Blues Aesthetics: Groundedness and Pulse
 - Posture
 - Step
- Moves
 - C-Hips
 - Jazz Square
 - James Brown
- Learn Shake Your Money Maker Line Dance

Week 2

- Warm Up
- Review
- The Blues Aesthetic: Being Cool
- Moves:
 - Fish Tail
 - Messaround
 - Breezy Knees
- Using Phrasing and the Twelve Bar Blues
- Review Shake Your Money Maker Line Dance

Week 3

- Warm Up
- Review
- Blues Aesthetics: Rhythm Play
- Moves:
 - Struttin' Step
 - ½ Camel Walk
 - Full Camel Walk
- Connecting with the Instruments
- Learn Buck Line Dance

Week 4

- Warm Up
- Review
- The Blues Aesthetics of Lag
- Moves
 - Hip Circles

- Wag Tail
- Low Downs
- Finding a Groove
- Review Buck Line Dance

Week 5

- Warm Up
- Review
- The Blues Aesthetic: Balanced but Asymmetrical Shapes
- Moves:
 - Mooch
 - Chest Circles
 - High Class Walk
- Call and Response
- Learn Hound Dog Line Dance

Week 6

- Warm Up
- Review
- The Blues Aesthetic: Polycentric Movement
- Moves:
 - The Grind
 - Tic Tocs
 - Parallel Tic Tocs
- Using Repetition
- Review Hound Dog Line Dance

Week 7

- Warm Up
- Review
- The Blues Aesthetic: Individuality
- Moves:
 - Hip Walk
 - The Itch
 - The Shake
- Using Contrast
- Create a Line Dance Class Activity

Week 8

- Warm Up
- Review
- The Blues Aesthetic: Apart Play
- Moves:

- Boogie Drops
- Hallelujahs
- Developing your own Style
- Review Class Line Dance