

THIS IS NOT SUGGESTED FOR WHEELCHAIR

The U.S. Handicapable Square Dance List established by "HANDILAB"

This list is the Basic list and is used to call to an open floor during the U.S. Handicapable Convention. There is also a list above the Basic; it is used when calling a workshop or to advanced floor.

Both lists are being printed for your benefit. If you or your club comes to the U.S. Handicapable Convention, your dancers should be ready to dance the Basic list. If they wish to dance during an Advanced session they will need to be able to dance the advanced list. The same rules apply to callers while calling these types of sessions at the Convention.

U.S. Handicapable Square Dance Association
Web Site www.ushandicapable.org for additional information.

HANDICAPABLE DANCERS

HANDILAB Basic Square Dance List:

1. Bow (Partner, Corner)
2. Circle (Left, Right)
3. Forward Up and Back)
4. Star (Right, Left, Boys Girls)
5. Star Promenade
6. Do-Si-Do
7. Promenade (Couples, Single File, ½, Full)
8. Allemande Left
9. Right and Left Grand
10. Swing
11. Allemande Right
12. Pass thru
13. Courtesy Turn
14. Ladies Chain (Two, Four)
15. Roll Promenade
16. Right and Left Thru
17. California Twirl
18. Ladies Roll Away ½ Sashay
19. Ladies In, Men Sashay

HANDILAB Advanced List:

20. Star Thru
21. Weave The Ring
22. U Turn Back
23. Chain Down The Line
24. Do Paso
25. Lead Right
26. Grand Square
27. Circle To A Line
28. Bend The Line
29. Walk Around Your Corner
30. See Saw
31. Square Thru (2, 3, 4 Hands)
32. Dive Thru
33. Wheel Around
34. Allemande Thar
35. Shoot The Star
36. Slip The Clutch
37. Box The Gnat
38. Right Hand ocean Waves
(Hands Up At Shoulder Height)
39. Almo Style Wave
40. Pass The Ocean
41. Swing thru
42. Boys Run
43. Wheel And Deal
44. flutter Wheel



For additional information about USDA or any of its programs, please visit our web site www.usda.org or Email the Education/Publications Committee at usda.education.publications@usda.org

USDA Handicapable Dancer Chair
See web site www.usda.org Officers & Committees for Current Officers and Committee Chairs mailing address and phone, or E-mail:
usda.handicapable.dancers@usda.org

USDA HANDICAPABLE PROGRAM

Information on Wheelchair and Handicapable Square Dancing



This information sheet was developed by the Handicapable Committee of the UNITED SQUARE DANCERS OF AMERICA, INC. with the assistance of the CALLERLAB Handicapable committee and will provide information on a part of the Handicapable Program supported by USDA.

All Leadership Educational material can be printed directly from the USDA web site at www.usda.org.

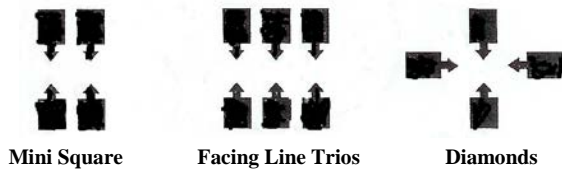
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Identification Names I've heard over the years



Remember, this activity is primarily for the residents. If you want to have fun with the volunteers, perhaps a line dance just for them. Or, get a few extra wheelchairs, put the chauffeurs in the chairs and call one tip that way. But they have to maneuver the chairs on their own.



Generally Nursing Centers, Personal Care Homes and Assisted Living Communities are limited to dancing space and assistance. So, keep the calls very basic for the chauffeurs and have fun with variety of set up formations.

Involve the staff, volunteers, friends and families to partake in this activity. Wheelchair square dancing works very well as an intergenerational program. Enjoy programs that promote many different aspects of life. This activity is an exercise, a sing along, and a reminiscing program all rolled up into one event.

SOME WHEELCHAIR CALL FIGURES

Heads Square Thru
Ferris Wheel, Pass thru
Promenade (Short)

Swing Thru
Boys Run
Take Corner

Wear a glove on your left hand for two reasons. The direction right and left are too difficult for some dancers. So directions are given as gloved and bare. We also find the gloves help reduce the spread of colds in a group.

Try not to put too many turning movements together. It can cause the dancer dizziness and motion sickness. Squares can get big because of the room a wheelchair takes to maneuver. When doing a wheelchair dance, allow 20 by 20 area per square.

Wheelchair Square Dancing has an additional challenge in that you are not touching anyone. This means the dancers have to keep track in their mind where they are in a square in relation to other dancers.

HELPFUL HINTS

1. It's very helpful if the wheelchairs have foot rests.
2. Make sure the breaks to the chairs are not locked down.
3. Too much spinning of the chairs can make residents dizzy.
4. Gerry beds are a very different to handle than wheelchairs.
5. Sometimes, residents have afghans on their laps. Be careful, they do not get tangled in the chairs.
6. The chauffeurs should not be other residents.
7. The execution time of the calls is longer than normal.
8. Extra staff needs to be on standby in case of emergencies.
9. Motorized scooters work well with a square of all scooters.
10. If you are the chauffeur, introduce yourself to the resident in the chair before standing behind and maneuvering them.

Some residents really enjoy WATCHING the square dance, but do not want to participate. Please respect their wishes.



Being certified in CPR and First Aid is a great benefit to have when you are pitching the ideas to the Activity Directors. Plus, it's just a good thing to learn as a square dance caller or leader.

HOW DO YOU GET A HANDICAPABLE GROUP STARTED?

- A. Locate dancers – The best way to do this is to contact your local association dealing with individuals with disabilities.
- B. Find a building
- C. Find a Caller
- D. Find angels – Parents, local square dancers, volunteers.
- E. Insurance – Contact USDA Insurance Coordinator for Information and requirements.
- F. Funding – Fundraising helps the dancers have other opportunities.
- G. Clothing – Put the word out to local square dance clubs. Square dancers are very generous people!

The residents usually get a good laugh out of this special tip. The staff is laughing a lot, too.



Make sure they are capable enough to move the chairs on their own, and keep the tip short.