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 theses 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:

- Bow (Partner, Corner)
- Circle (Left, Right)
- Forward Up and Back)
- Star (Right, Left, Boys Girls)
- 5. Star Promenade
- 6. Do-Si-Do
- Promenade (Couples, Single File, ½, Full)
- 8. Allemande Left
- 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 Sashav

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

Líve Lívelu-Square Dance!

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



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.

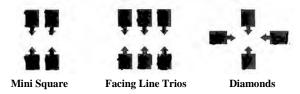
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Identification Names I've heard over the years



Remember, this activity is primarily for the residents. If you wan 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 to 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

- It's very helpful if the wheelchairs have foot rests.
- 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.