

Simple Square Dance Instructions for Communication Square Dancing: Developing a Pitch

This exercise involves very easy square dance choreography as students form concentric circles. Students will not be doing footwork in the traditional dance sense (unless they want to), but they will be following the direction of their circle and traditional square dance formation. Please feel free to follow these simple instructions or adapt for any particular use you may wish to attempt. The instructions below are limited to this classroom exercise and only cover the dance movement portion of the exercise. Greater detail and instructions can be found in the Facilitator's Guide. For more information on square dancing or more advanced movements, visit the [Kennedy Center](#) and their resources on this very traditional art.

1. The class will be divided into two by having each participant count off by twos around the room (1, 2, 1, 2, 1, 2, 1, 2) until every student is either a 1 or a 2. Every participant should remember their number.
2. The 1s will form a circle around the outside perimeter of the room and face inward towards the center of the room or group.
3. The 2s can form a circle on the inside of the 1s circle and face outwards towards the walls or outside of the group.
4. Both circles should be evenly spaced while completing a full circle, with 1s facing a 2 all around the perimeter and this will serve as the initial set of partners.
5. In this exercise and after each exchange, 1s will always move to the right after offering and receiving a pitch from their 2 partner.
6. 2s will always stay in place but receive a new 1 partner each turn.
7. The "caller," a traditional square dance term for the leader (and a great role for the instructor), will give all instructions to participants.
8. The caller can change these orders at any time so that 2s move and 1s remain in place, if its preferred – but keep in mind that we want to give each participant a different partner each exchange.
9. The caller or participants could experiment with other formations that they think could serve the group well, but this starting, simple formation should be manageable for the entire class.