

Interlocked Squares C1 Class Syllabus 2013-2014

Welcome to C-1 square dancing !!!

When you begin Challenge, you enter a program of square dancing that focuses on puzzles, modifications of calls through use of a range of concepts, and problem solving. It is this puzzle / problem solving aspect that makes Challenge distinct from the programs that come before, and adds to the fun of dancing.

The calls at C-1 range from fairly simple calls to somewhat complex ones—not unlike Advanced, but there are several more concepts, and a number of new formations that are introduced as well. Some of these concepts and formations are easy, but several can be very, “challenging”, as it were. Also, concepts are used much more often.

Teamwork and square cooperation are critical for success in Challenge dancing. We will emphasize this in our class. Dancers must work collaboratively in the square, and solve the puzzles / problems / challenges as a team. All members of your square (your team) have a responsibility to each other to both know the definitions, and quickly apply them to the many unique situations in order for the square as a whole to be successful. It is important to keep pace with the rest of the square.

A second critical component is for dancers moving up to C-1 to have strong skills in dancing the programs that precede Challenge. Thus, we ask all dancers considering this class to do an objective self-assessment in order to determine their readiness for this fast-paced Challenge class.

To do a self-assessment of your readiness for C-1, there are many questions to consider, including:

1. Can I dance Basic, Mainstream, Plus and Advanced with a high level of competency?
2. Do I rarely make errors at Advanced, and when I do, can I understand what didn't work?
3. At an Advanced dance do I dance 90% of the sequences without error? (If the square breaks down it wasn't due to your error)
4. At Plus and Mainstream dances, do I dance over 95% of the sequences without error? (If the square breaks down it wasn't due to your error)
5. Am I able to dance all calls from any position (APD), and do I have a degree of comfort dancing as either a boy or girl?
6. Am I able to quickly assess my position within the square, (e.g., am I a center or an end, a leader or a trailer) and can I use that information when executing a call?
7. Am I able to spend about an hour each week studying the calls and concepts for C-1?
8. Do I like being able to learn to understand calls, and apply that understanding to unique situations?
9. Do I like being challenged to think about calls and concepts in new and unusual ways?

At the C-1 level, knowing the call definitions and being able to quickly recall those definitions, is imperative. Frequently, dancers at the programs below Challenge dance by "feel". At C-1, calls are typically given from a wide range of positions, and dancers must be able to apply the definition to unique setups quickly. For example, the call "Tally Ho", one of the first C-1 calls that will be taught, can be called from over 30 different formations or setups. Dancers need to be able to recall the definition of Tally Ho quickly and apply it to the formation they are in. The same is true for all calls on the C-1 list.

While it is relatively easy to learn a definition and apply it to a range of situations, it is overwhelming to try to memorize how to do a call from four positions by feel in more than 30 starting formations. Also knowing a definition, and being able to verbalize it, allows you to talk yourself through a call no matter what position you start from.

We realize that there are times when students may have to miss class (illness, vacation, etc). To assist students in this situation, we will hold a 1/2 hour review session before each class. This review is intended to go over the calls / concepts taught the previous week, give added practice to those needing it, and to provide an opportunity to ask questions. Anyone who needs additional review is encouraged to attend the review sessions. Also, students are encouraged to ask questions of the Board members and callers between tips and, if necessary, a square or 4-some can be put together to do a quick review of a call / concept before the next tip.

While we do not want to discourage prospective students, we also want to make the class challenging. Accordingly, if you have previously taken several C-1 classes and still struggle with C-1, then this class is probably not for you. This is by no means reflective of your skill at previous levels or learning ability, just that this C-1 class may just not be the appropriate learning format for you. There is certainly nothing wrong with continuing to enjoy square dancing at other levels, and it might make sense to take a slower paced, less intensive C-1 class.

During the first four weeks of class, the Interlocked Squares Board of Directors will evaluate how well each student is progressing. In doing so, they will consult with the callers. If the Board determines that a student is not progressing in a satisfactory manner, that student will be asked to not continue and will receive a full refund of the class fees. This doesn't mean that a particular student is not capable of becoming a solid C-1 dancer in the future, but indicates that additional time is needed at the Advanced level before attempting C-1 again. Students who miss several classes and are unable to catch up through outside study and the pre-class review sessions will be given a pro rata refund of class fees.

The schedule below teaches C-1 in 28 sessions of 8 tips each. Generally, the first tip is used to review the previous calls, the next 6-7 tips are used to teach 1-2 calls/concepts per tip, and the last tip or two are used for practice and dancing. The schedule teaches most of the concepts in the first few weeks so that students can see how they are applied as they learn new calls. The teach order has the harder calls and concepts at the beginning in order to maximize the time students have to work on them. Students should be aware that the first few classes are the hardest and after that, they get progressively easier. Some review weeks are also built into the schedule.

The teaching order below lists concepts, formations, calls and "glossary terms" (terms that modify how you do a call by giving specific directions). Remember that formations are a set of footprints that you begin working in, such as parallel lines or diamonds. Some formations (such as triple lines / waves / columns / boxes) are also concepts, Concepts are modifiers that change how you do a call.

The teaching and review load is balanced across the sessions. Calls which are easily confused are spaced at least two sessions apart. Calls and concepts which need more practice are located towards the beginning of the teaching order. Not all the variations and extensions of calls will be taught at the time the initial call is taught -- they will be introduced when the dancers have mastered the base call.

Two last notes. First, this is a class, and like all classes, requires that students do some outside studying. We suggest that you consider studying at least one hour per week. This should be broken up into short segments. You will find that it is easier to study one or two things for 15 minutes at a

time, rather than cramming a review of all of the calls, etc. into a one hour mind-numbing session just before class. It works well to study with someone, and to verbalize the definitions. Being able to verbalize definitions lets you talk yourself through new calls, and figure out how to do familiar calls from unfamiliar formations. The bottom of this document contains links to helpful aides to assist you to learn C-1. We strongly encourage you to continue to dance full Advanced at least once a week.

We believe teaching and learning must be fun and enjoyable, so come prepared to work, but also to have fun.

Intro week 1 **September 26 - Harlan and Stephanie**

- Stretch Concept (easy applications)
- Wheel Fan Thru
- Tally Ho (from waves only) left and right hand waves
- Square the Bases

Introductory Week 2 **October 3 - Harlan and Stephanie**

- Same as week 2 with one call added
- Counter Rotate from waves and two faced lines
- Harder applications of Stretch concept

Class Week 1 **October 10 - Stephanie**

- Review of Tally Ho definition and how it relates to understanding the importance of C-1 definitions as we progress.
- Review extensions of Circulate ($\frac{1}{2}$ circulate, $\frac{1}{2}$ with crashing and from generalized set ups)
- Cross Extend
- Counter Rotate from columns and grand waves
- Cross Roll (to a wave and/or line)

Class Week 2 **October 17 - Harlan**

- Chain Reaction from C-1 set ups (review of A-1 definition and how it is extended)
- Circle by (fraction by fraction/call)
- Concentric rules and definition
- Tally Ho, from formations other than waves
- Shakedown

Class Week 3 **October 24 - Stephanie**

- Ah So, from waves
- Step and Fold
- Counter Rotate from other formations: diamond, hourglass, others
- Rotary Spin
- Swing the Fractions

Class Week 4 **October 31 - Harlan**

- Triple boxes / waves / lines / columns formation
- Scoot and Little / Little, including right/left hand rule
- $\frac{1}{3}$ Recycle and $\frac{2}{3}$ Recycle (note $\frac{1}{3}$ recycle is technically not C-1)
- Relay the Top

Class Week 5 **November 7 - Stephanie**

- Ah So, from inverted lines / Ah So, from 3 x 1 lines
- Cast Back / Cross Cast Back
- Pass the Axle/ The Axle / (any call) The Axle
- Follow Thru

Class Week 6 **November 14 - Harlan**

- Flip the Line ($\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, full)
- Scoot and Plenty / Plenty
- Zing
- Cross By
- Siamese concept

Class Week 7 **November 21 - Stephanie**

- Interlocked Diamond formation
- Interlocked diamond calls:
 - Flip, Cut,
 - Switch to an Interlocked Diamond
 - Interlocked Diamond Chain Thru
- Jay Walk
- Regroup
- With the Flow

(Dark November 28 for Thanksgiving)

Class Week 8 **December 5 - Harlan and Stephanie**

- Review Night with focus on DBD positioning

Class Week 9 **December 12 - Harlan**

- Butterfly formation
- O formation
- Squeeze
- Linear Action
- Split Dixie Style to a Wave

Class Week 10 **December 19 - Stephanie**

- Flip Back
- Galaxy
- Percolate
- Squeeze the Hourglass / Squeeze the Galaxy
- Checkover

(Dark December 26 for Christmas)

Class Week 11 **January 2 - Stephanie and Harlan review week**

- Mostly review with emphasis on extensions and DBD
- Alter the Wave (vary the star turn)

Class Week 12 **January 9 - Harlan**

- Triangle formations
- Triangle calls:
 - Circulate
 - 3x2 Acey Deucey
 - Triangle Chain Thru from diamonds
- Square Chain the Top / Split Square Chain the Top
- Crashing and how to manage crash situations, Tally Ho / Linear Action with crashes; Cut / Flip the formation with crashes

Class Week 13 **January 16 - Stephanie**

- Step and Flip, including ending in Z formation
- “Replace” glossary term—especially with Plenty and Alter the Wave
- Cross Chain Thru / Cross Chain and Roll
- Relay the Shadow
- Tag Back

Class Week 14 **January 23 - Harlan**

- Scoot and Ramble / Ramble
- Review same sex Slide Thru — especially with Ramble
- Phantom Concept
- Split / Box Recycle

Class Week 15 **January 30 - Stephanie**

- Dixie Sashay / Split Dixie Sashay
- Vertical Tag with variations
- Make Magic
- Rules for Magic formations
- Magic Column circulate

Class Week 16 **February 6 - Harlan**

- T-bone formations
- Review of roll and calls where only some dancers can roll that result in T-bones
- Crossfire from diamonds review (as a way of getting into T-bones)
- Step and Fold from diamonds (as a way of getting into T-bones)
- Belle and Beau in a T bone and similar formations
- Dixie Diamond / Split Dixie Diamond

Class Week 17 **February 13 - Stephanie**

- Tandem Concept
- “But” glossary term
- Harder T-bone calls
- Weave / Anything and Weave
- Scatter Scoot / Scatter Scoot Chain Thru

Class Week 18 **February 20 Harlan**

- Press Ahead
- Block formation
- Harder magic column calls
- “Finish” glossary term
- Chase Your Neighbor / Cross Your Neighbor

Class Week 19 **February 27 – Harlan and Stephanie**

- Review night with focus on variations and DBD positioning

Class Week 20 **March 6 - Harlan**

- Swing and Circle, with fractions
- Harder calls in blocks—taking distortion out and resetting diagonal
- Vertical Tag Back
- Twist the Line
- “Start” glossary term, including “those facing start”

Class Week 21 **March 13 - Stephane**

- All 8 Recycle
- Triple Cross
- “Interrupt” glossary term
- “To a Wave” glossary term

Class Week 22 **March 20 - Harlan**

- Wheel and / Reverse Wheel and
- Cross and Turn
- Switch the Line
- Reverse Explode

Class Week 23 **March 27 - Stephanie**

- Plenty from unusual formations
- Twist and Anything
- Substitute
- Anything the Windmill

Class Week 24 **April 3 - Harlan**

- Rotate / Single Rotate / Reverse Rotate / Reverse Single Rotate
- Cross Your Neighbor
- (Anything) to a Wave
- “Prefer” glossary term
- “Left” glossary term

Class Week 25 **April 10 - Stephanie**

- Reverse Cross and Turn
- Anything Chain Thru
- Review and extensions
- “Ignore” glossary term

Class Week 26 April 17 - Harlan and Stephanie

- Review and extensions
- “Skip/Delete” glossary term

Class Week 27 April 24 - Harlan and Stephanie

- Review and extensions

Class Week 28 May 1 - Harlan and Stephanie

- Graduation

Starting May 8st, full C-1 level dancing

Helpful resources

C1 list: The official list as determined by the Callerlab Challenge Committee in 2010 can be accessed at <http://www.callerlab.org/Default.aspx?tabid=610&id=19> This list appears on the next page.

C1 Definitions: Vic Ceder has written an excellent set of detailed definitions. They are available on line for free at http://www.ceder.net/def/index_def.php4?level=c1 Or you can buy Vic's book Ceder Chest at <http://www.ceder.net/books.php4>

The official **Callerlab Definitions** are not as comprehensive as Vic's definitions, but can be downloaded for free at <http://www.callerlab.org/Default.aspx?tabid=610&id=22>

Taminations – Computer animations showing every square dance call from almost any formation. To view the animation for a computer or tablet online, click on the C-1 tab at the top of the main Taminations page. You can also download a Taminations app for your smartphone or tablet from their website <http://www.tamtwirlers.org/tamination/info/index.html>

Ben Rubright's Pocket Reference of C1 Definitions: Dancers need to be able to verbalize the definitions of calls while dancing. These definitions are the words that should go through your head when you hear a call. They are intended for review and committing to memory for verbalization, not as initial learning tools. This pocket reference is posted online at <http://www.gr8ideas.net/c1shortdef.html> This list is somewhat out of date, but still helpful.

<p>Ah So</p> <p>Alter the Wave</p> <p>Beaus and Belles naming convention (from all appropriate formations)</p> <p>Block Formation</p> <p>Butterfly Formation / Concept</p> <p>Cast Back / Cross Cast Back</p> <p>Chain Reaction (from all appropriate formations)</p> <p>Checkover</p> <p>Circle By</p> <p>Concentric Concept</p> <p>Counter Rotate</p> <p>Cross and Turn / Reverse Cross and Turn</p> <p>Cross By</p> <p>Cross Chain Thru / Cross Chain and Roll</p> <p>Cross Extend</p> <p>Cross Roll to a Wave/Line</p> <p>Diamond Chain Thru variation: (Anything) Chain Thru</p> <p>Dixie Diamond</p> <p>Dixie Sashay</p> <p>Flip the Line (1/4, 1/2, 3/4, Full)</p> <p>Follow Thru</p> <p>Follow Your Neighbor variations: Chase Your Neighbor Cross Your Neighbor</p> <p>Galaxy Formation / Galaxy Circulate</p> <p>Interlocked Diamond Formation: Interlocked Diamond Circulate Cut / Flip the Interlocked Diamond</p> <p>Jaywalk</p> <p>Linear Action</p> <p>Magic Column Formation / Concept</p> <p>Make Magic</p> <p>O Formation / Concept</p> <p>Pass the Axle / The Axle</p> <p>Percolate</p> <p>Phantom Formation / Concept</p> <p>Press Ahead</p> <p>Recycle variations: All 8 Recycle 2/3 Recycle Split/Box Recycle</p> <p>Regroup</p> <p>Relay the Shadow</p> <p>Relay the Top</p> <p>Reverse Explode (from waves)</p> <p>Rotary Spin</p>	<p>Rotate Family (From squared set only at C-1) Rotate / Reverse Rotate Single Rotate / Reverse Single Rotate</p> <p>Scatter Scoot / Scatter Scoot Chain Thru</p> <p>Scoot and Little / Little</p> <p>Scoot and Plenty / Plenty</p> <p>Scoot and Ramble / Ramble</p> <p>Shakedown</p> <p>Siamese Concept</p> <p>Spin The Windmill variation: (Anything) the Windmill</p> <p>Split Square Thru variations: Split Square Chain the Top Split Dixie Style to a Wave Split Dixie Diamond</p> <p>Square Chain the Top</p> <p>Square the Bases</p> <p>Squeeze Squeeze the Galaxy Squeeze the Hourglass</p> <p>Step and Flip</p> <p>Step and Fold</p> <p>Stretch Concept</p> <p>Substitute</p> <p>Swing and Circle (1/4, 1/2, 3/4, Full)</p> <p>Swing the Fractions</p> <p>Switch the Line</p> <p>Switch to an Interlocked Diamond</p> <p>T-Bone Formation</p> <p>(Any Tagging Call) Back to a Wave Flip Back Tag Back to a Wave Vertical Tag Back to a Wave</p> <p>Tally Ho</p> <p>Tandem Concept</p> <p>3 by 2 Acey Deucey</p> <p>Triangle Formation / Triangle Circulate Inpoint / Inside / Outpoint / Outside Triangles Tandem-Based/Wave-Based Triangles</p> <p>Triple Box/Column/Line/Wave Concept</p> <p>Triple Cross</p> <p>Twist the Line / Twist and (Anything)</p> <p>Vertical Tag (1/4, 1/2, 3/4, Full) (Anything) to a Wave</p> <p>Weave</p> <p>Wheel and (Anything) / Reverse Wheel and (Anything)</p> <p>Wheel Fan Thru</p> <p>With The Flow</p> <p>Zing</p>
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Dancers at C-1 are expected to be familiar with the Glossary of Modifying Terms, found in the C-1 Definitions. These terms are: Start, Finish, Replace, But, Ignore, Interrupt, Skip, Delete, Prefer, and Left.