

Canadian Barn Dance

for couples with one wheelchair user plus one ambulant partner

1. Walk forward, partner pushing wheelchair user for three beats and hops on four.



2. Walk backwards, partner pushing wheelchair user for three beats and hops on four.



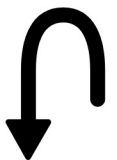
3. Partner takes two steps away from wheelchair user. Both clap twice on the beat.



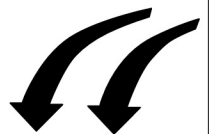
4. Partner takes two steps toward wheelchair user. Both clap twice on the beat.

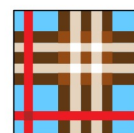
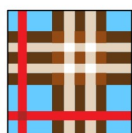


5. Walk forward, partner pushing wheelchair user for seven beats and turn on eight in opposite direction.



6. Repeat.





The Gay Gordons

for couples with one wheelchair user plus one ambulant partner

1. Walk forward, partner pushing wheelchair user for eight beats.



2. Walk backwards, partner pushing wheelchair user for eight beats.



3. Partner walks around wheelchair user for eight beats.



4. Partner takes two steps away toward wheelchair user.
Both clap twice on the beat.



5. Walk forward, partner pushing wheelchair user for seven beats and turn on eight in opposite direction.



6. Repeat until the music stops!

