

Table 1: *Proposed Adjunctive Treatment Schedule*

SESSION 1	
1.	<p><i>Introduce: participants and teachers</i></p> <ul style="list-style-type: none"> • Participants are instructed to sit in a circle and teachers facilitate introductions of members and leaders <ul style="list-style-type: none"> ○ Teachers provide specific structure and demonstrate introductions
2.	<p><i>Introduce: swing dance</i></p> <ul style="list-style-type: none"> • Teachers show swing dance video to participants <ul style="list-style-type: none"> ○ For example: Lindy Focus XI: Amateur Open Lindy Hop Jack & Jill posted by Lindy Focus, 2013) • Teachers demonstrate all the moves and transitions that will be taught during the ten group sessions • Teachers discuss group format and participants are invited to ask any questions
3.	<p><i>Discussion Topic: good hygiene</i></p> <ul style="list-style-type: none"> • Teachers discuss the importance of showering and applying deodorant before group and wearing clean clothes to group sessions as a social courtesy to fellow participants
4.	<p><i>Introduce: rhythm</i></p> <ul style="list-style-type: none"> • Instructors count beats out loud and demonstrate bouncing on balls of feet to rhythm • Participants mimic bouncing counting and bouncing to rhythm
5.	<p><i>Introduce: Lead vs. Follow</i></p> <ul style="list-style-type: none"> • Teachers explain and demonstrate difference between Lead and Follow role • Participants pick their role and class divides into Lead and Follow groups <ul style="list-style-type: none"> ○ It is ideal for these groups to be close to even, but is not necessary to be exactly even
6.	<p><i>Introduce: East Coast Basic Steps (expertvillage, 2008e)</i></p> <ul style="list-style-type: none"> • Teachers demonstrate East Coast Basic Steps while counting beats out loud • Participants count beats out loud and step to the beat on the balls of their feet with bent knees • Instructors separate and teach Lead and Follow East Coast Basic Steps separately while counting beats aloud
7.	<p><i>Introduce: East Coast Frame (expertvillage, 2008c)</i></p> <ul style="list-style-type: none"> • Teachers discuss body awareness and explain and demonstrate proper frame • Participants form two concentric circles with the Leads on the inside, facing outward and the Follows on the outside, facing inward <ul style="list-style-type: none"> ○ This is later referred to as the Lead/Follow Circle • Participants form Lead/Follow pairs and teachers help each pair to form proper frame <ul style="list-style-type: none"> ○ Teachers instruct Follows to rotate every few minutes
8.	<p><i>Combine: East Coast Basic Steps & East Coast Frame</i></p> <ul style="list-style-type: none"> • Teachers demonstrate combining East Coast Basic Steps and East Coast Frame while counting aloud (this is later called Face-to-Face East Coast) • Music is added once the majority of the participants appear comfortable with Face-to-Face East Coast <ul style="list-style-type: none"> ○ Teachers continue to count beats aloud throughout practice
SESSION 2	
1.	<p><i>Review: names of participants</i></p>
2.	<p><i>Review: rhythm, Face-to-Face East Coast, Lead/Follow relationship</i></p>

- Participants form Lead/Follow Circle
 - Participants practice steps
 - Teachers instruct follows to rotate every few minutes
 - Teachers walk around circle assisting individual pairs in their review
3. *Demonstration*
 - Teachers demonstrate all moves and transitions that will be taught that day in group
 4. *Introduce: Tuck Turn* (castillo, 2013a)
 - Teachers demonstrate and explain Tuck Turn while counting beats out loud
 - Participants practice Tuck Turn
 - Teachers instruct Follows to rotate every few minutes
 5. *Combine: Tuck Turn and Face-to-Face East Coast* (itsaboutmomentum, 2012a)
 - Teachers demonstrate and explain Tuck Turn out of Face-to-Face East Coast
 - Participants practice Tuck Turn out of Face-to-Face East Coast
 - Teachers instruct Follows to rotate every few minutes
 6. *Discussion Topic: how to ask a person to dance & answer when asked*
 - Teachers demonstrate how to ask someone to dance, how to respond to being asked to dance and how to walk your partner to the dance floor
 - “Would you like to dance?”
 - “Yes, thank you,” or “No thank you, I’m resting for now, or “No thank you, we’ve danced together a lot tonight, I think I should dance with other people for a while”
 - Participants practice specific script
 - Teachers instruct Follows to rotate every few minutes
 7. *Introduce: Under Arm Turn* (castillo, 2013a)
 - Teachers demonstrate and explain Under Arm Turn
 - Participants practice Under Arm Turn
 - Teachers instruct Follows to rotate every few minutes
 8. *Combine: Under Arm Turn with Face-to-Face East Coast* (itsaboutmomentum, 2012a)
 - Teachers demonstrate and explain Under Arm turn out of Face-to-Face East Coast
 - Participants practice Under Arm Turn out of Face-to-Face East Coast
 - Teachers instruct Follows to rotate every few minutes
 9. *Combine: Face-to-Face East Coast with Tuck Turn and Under Arm Turn* (itsaboutmomentum, 2012a)
 - Teachers call out moves while members practice Face-to-Face East Coast, Tuck Turn and Under Arm Turn
 10. *Review: Lead/Follow relationship*
 - Teachers review and demonstrate Lead/Follow relationship
 - Participants practice leading and following moves
 - Teachers remind members of moves but do not call them out
 - Teachers instruct Follows to rotate every few minutes

SESSION 3

1. *Review: Face-to-Face East Coast, Tuck Turn, Under Arm Turn and Lead/Follow relationship*
 - Teachers demonstrate all moves and transitions
 - Participants form Lead/Follow Circle and practice all moves, transitions and Lead/Follow Relationship
2. *Demonstration*

- Teachers demonstrate all moves and transitions that will be taught that day in group
3. *Introduce: Inside Turn* (castillo, 2013a)
 - Teachers demonstrate and explain Inside Turn
 - Participants practice Inside Turn step-by-step
 - Teachers instruct Follows to rotate every few minutes
 4. *Introduce: Basic Dip* (itsaboutmomentum, 2012b)
 - Teachers demonstrate and explain Basic Dip
 - Participants practice Basic Dip step-by-step
 - Teachers instruct Follows to rotate every few minutes
 5. *Discussion Topic: how to lead someone onto the dance floor and start a dance*
 - Teachers discuss and demonstrate how to lead someone onto the dance floor and start a dance
 - Participants practice specific script
 - Teachers instruct Follows to rotate every few minutes
 6. *Combine: Face-to-Face East Coast, Tuck Turn, Under Arm Turn, Lead/Follow relationship, Inside Turn and Basic Dip*
 - Participants practice skills in Lead/Follow Circle as Teachers call out moves
 7. *Review: Lead/Follow Relationship*
 - Teachers review Lead/Follow roles and instruct Follows to close their eyes while dancing
 - Teachers focus on the importance of Basic Frame
 8. *Social Dance*
 - During the last 5 minutes of group session
 - Teachers put on music and encourage members to ask each other to dance
 - Leaders are available for any questions

SESSION 4

1. *Review: all dance moves & Lead/Follow roles*
 - Participants form Lead/Follow Circle
 - Teachers count out beats and steps while participants practice Face-to-Face East Coast
 - Teachers instruct Follows to rotate every few minutes
2. *Demonstration*
 - Teachers demonstrate all moves and transitions that will be taught that day in group
3. *Introduce: Lindy Hop*
 - Instructors demonstrate lindy hop basic steps
4. *Introduce: Basic Lindy Hop Steps* (mahalodotcom, 2010)
 - Participants divide into Lead/Follow groups
 - Teachers explain and demonstrate 8-count steps while counting beats aloud
 - Instructors separate and teach Lead and Follow lindy hop basic steps separately while counting beats aloud
 - Participants practice 8-count steps in place, while teachers count aloud
5. *Review: Basic Frame*
 - Teachers review basic frame and demonstrate how it applies to lindy hop
 - Participants form Lead/Follow Circle and practice standing in basic frame with partners
 - Teachers instruct Follows to rotate every few minutes
6. *Introduce: Lindy Circle* (expertvillage, 2008a)
 - Teachers explain and demonstrate proper frame and tension for Lindy Circle

- Participants practice proper frame and tension and work up to full Lindy Circle while standing in Lead/Follow Circle
 - Teachers instruct Follows to rotate every few minutes
7. *Combine: Basic Lindy Hop Steps, Basic Frame and Lindy Circle to make Lindy Swingout* (mahalodotcom, 2010)
- Teachers explain and demonstrate Lindy Swingout
 - Participants practice Lindy Swingout
 - Teachers instruct Follows to rotate every few minutes
8. *Social Dance*
- During the last 10 minutes of group, participants practice their dancing skills while music plays
 - Teachers put on music and encourage members to ask each other to dance
 - Leaders are available for any questions

SESSION 5

1. *Review: Lindy Swingout*
- Participants form Lead/Follow Circle
 - Teachers count out beats and steps while participants practice basic Lindy Hop steps
2. *Demonstration*
- Teachers demonstrate all moves and transitions that will be taught that day in group
3. *Introduce: Lindy Hop Lead/Follow Relationship*
- Teachers explain and demonstrate Lead/Follow relationship in Lindy Hop
 - Follows close their eyes while dancing with leads to practice Lead/Follow relationship
 - Teachers instruct Follows to rotate every few minutes
4. *Combine: Tuck Turn and Lindy Swingout* (castillo, 2013a)
- Teachers explain and demonstrate Tuck Turn out of Lindy Hop
 - Participants practice getting into Tuck Turn from Lindy Hop
 - Teachers instruct Follows to rotate every few minutes
5. *Combine: Under Arm Turn and Lindy Swingout* (castillo, 2013a)
- Teachers explain and demonstrate Under Arm Turn out of Lindy Hop
 - Participants practice getting into Tuck Turn from Lindy Hop
 - Teachers instruct Follows to rotate every few minutes
6. *Combine: Lindy Hop, Tuck Turn and Under Arm Turn*
- Teachers call out moves while members practice Lindy Hop, Tuck Turn and Under Arm Turn
 - Once participants appear comfortable with this combination, teachers invite Follows to close their eyes while being led
 - Teachers instruct Follows to rotate every few minutes
7. *Social dance*
- During the last 10 minutes of group, participants practice their dancing skills while music plays
 - Teachers put on music and encourage members to ask each other to dance
 - Leaders are available for any questions

SESSION 6

1. *Review: Lindy Swingout*
- Participants form Lead/Follow Circle
 - Teachers count out beats and steps initially and later add music once participants appear comfortable with Lindy Swingout

2. *Demonstration*
 - Teachers demonstrate all moves and transitions that will be taught that day in group
3. *Combine: Inside Turn and Lindy Swingout* (expertvillage, 2008b)
 - Teachers explain and demonstrate Inside Turn out of Lindy Swingout
 - Participants practice getting into Inside Turn from Lindy Swingout
 - Teachers instruct Follows to rotate every few minutes
4. *Combine: Lindy Swingout and Basic Dip* (itsaboutmomentum, 2012b)
 - Teachers explain and demonstrate Basic Dip out of Lindy Swingout
 - Participants practice getting into Basic Dip from Lindy Swingout
 - Teachers instruct Follows to rotate every few minutes
5. *Review: Face-to-Face East Coast*
 - Teachers demonstrate Face-to-Face East Coast
 - Teachers count out beats and steps for Face-to-Face East Coast while participants practice
6. *Combine: Face-to-Face East Coast and Lindy Hop* (expertvillage, 2008f)
 - Teachers explain and demonstrate transition from Face-to-Face East Coast to Lindy Swingout
 - Participants practice getting from Face-to-Face East Coast to Lindy Swingout
7. *Combine: Face-to-Face East Coast, Lindy Hop, turns and Basic Dip*
 - Teachers call out transitions, turns and dip while Participants Practice
 - Participants practice with music and with leading and following
8. *Social dance*
 - During the last 10 minutes of group, participants practice their dancing skills while music plays
 - Teachers put on music and encourage members to ask each other to dance
 - Leaders are available for any questions

SESSION 7

1. *Review: Lindy Swingout and Face-to-Face East Coast*
 - Teachers demonstrate Lindy Swingout and Face-to-Face East Coast
 - Participants form Lead/Follow Circle and practice all previously learned steps and moves
 - Teachers count out beats and steps initially
 - Then add music and participants practice with leading and following
 - Teachers instruct Follows to rotate every few minutes
2. *Demonstration*
 - Teachers demonstrate all moves and transitions that will be taught that day in group
3. *Introduce: Pulse or Chug* (expertvillage 2008c)
 - Teachers explain and demonstrate chug
 - Participants practice chug
 - Teachers instruct Follows to rotate every few minutes
4. *Introduce: Charleston Basic Steps* (expertvillage, 2008d)
 - Participants divide into Lead and Follow groups
 - Teachers separate and explain and demonstrate Charleston Basic Steps to Lead and Follow Groups
 - Participants practice Charleston Basic Steps
 - Teachers instruct Follows to rotate every few minutes
5. *Introduce: Side-by-Side Position* (expertvillage, 2008d)
 - Participants form Lead/Follow Circle

- Teachers explain and demonstrate Side-by-Side Position
 - Participants practice Side-by Side Position
 - Teachers instruct Follows to rotate every few minutes
6. *Introduce: Turn Steps* (castillo, 2013b)
- Teachers explain and demonstrate Turn Steps
 - Participants practice Turn Steps
 - Teachers instruct Follows to rotate every few minutes
7. *Social dance*
- During the last 10 minutes of group, participants practice their dancing skills while music plays
 - Teachers put on music and encourage members to ask each other to dance
 - Leaders are available for any questions

SESSION 8

1. *Review: Charleston Basic Steps, Side-by-Side Position, Turn Steps*
- Participants form Lead/Follow Circle
 - Teachers count out beats and steps initially
 - Participants practice with music
2. *Demonstration*
- Teachers demonstrate all moves and transitions that will be taught that day in group
3. *Introduce: Face-to-Face Position* (UnderStoryProd, 2009)
- Teachers explain and demonstrate Face-to-Face Position
 - Participants practice Face-to-Face Position
 - Teachers instruct Follows to rotate every few minutes
4. *Combine: Side-by-Side Charleston to Face-to-Face Charleston* (UnderStoryProd, 2009)
- Teachers explain and demonstrate how to transition from Side-by-Side Position to Face-to-Face Position
 - Group member practice transition
 - Teachers instruct Follows to rotate every few minutes
5. *Introduce: Lolly Kicks* (sharkswing, 2013)
- Teachers explain and demonstrate Lolly Kicks
 - Participants practice Lolly Kicks
 - Teachers instruct Follows to rotate every few minutes
6. *Introduce: Follower Turn* (castillo, 2013b)
- Teachers explain and demonstrate the Follow Turn
 - Participants practice Follow Turn
 - Teachers instruct Follows to rotate every few minutes
7. *Introduce: Leader Turn* (castillo, 2013b)
- Teachers explain and demonstrate the Leader Turn
 - Participants practice Leader Turn
 - Teachers instruct Follows to rotate every few minutes
8. *Social dance*
- During the last 10 minutes of group, participants practice their dancing skills while music plays
 - Teachers put on music and encourage members to ask each other to dance
 - Leaders are available for any questions

SESSION 9

1. *Review: East Coast*
 - Participants form Lead/Follow Circle
 - Participants practice while leaders count out beats and steps initially, then add music and participants practice with leading and following
 - Teachers instruct Follows to rotate every few minutes
2. *Review: Lindy Hop*
 - Participants form Lead/Follow Circle
 - Participants practice while leaders count out beats and steps initially, then add music and participants practice with leading and following
 - Teachers instruct Follows to rotate every few minutes
3. *Review: Charleston*
 - Participants form Lead/Follow Circle
 - Participants practice while leaders count out beats and steps initially, then add music and participants practice with leading and following
 - Teachers instruct Follows to rotate every few minutes
4. *Combine: Charleston and Lindy Hop (expertvillage, 2008f)*
 - Teachers explain and demonstrate transitions
 - Participants practice transitions while leaders count out beats and steps initially, then add music and participants practice with leading and following
 - Teachers instruct Follows to rotate every few minutes
5. *Social Dance*
 - During the last 10 minutes of group, participants practice their dancing skills while music plays
 - Teachers put on music and encourage members to ask each other to dance
 - Leaders are available for any questions

SESSION 10

1. *Social dance*
 - First half of session: Teachers put on music and encourage members to ask each other to dance; leaders are available for any questions
 - Second half of session: Participants are encouraged to invite friends and families to come and join in the dancing
2. *Teachers provide referrals to swing dancing opportunities in the community*
 - Fliers and contact information to swing dancing in the community are available for all attendees and their friends and families