

Line Dancing and Wellness – Fall 2026
Syllabus
Coordinator: Wendy Oliver

Class 1: Introductions, overview of how dance can impact health and well-being. Dance class including warmups, basic travelling movements, and Cupid Shuffle.

Class 2: Movement class, Electric Slide. Discuss video: Peter Lovatt, Psychologist & Dancer, TED Talk, 16:50. Please plan to move as you watch this video! He talks about the psychology of dance and also has the audience dance. There are some moves that he uses that we do in class.
<https://www.youtube.com/watch?v=ihCh5wzNjYY>

Class 3: Movement class, Macarena. Discuss article “How Dance Contributes to Health and Well-Being: Some Evidence” (scanned article will be emailed)

Class 4: Movement class, Review Macarena, Electric Slide, Cha Cha Slide. Discuss videos: “Dancing is Good for the Brain - DOCTOR explains!” Neurogal, MD, 7 min. [YouTube](#)

“What Happens in our Brains When We Dance?” <https://www.youtube.com/watch?v=weOGwZ4yecg>
ThinkTube, 4:09

Class 5: Movement class, Hustle (Saturday Night Fever version); “How Dancing Helps Your Mental Health” Discuss article: <https://www.verywellmind.com/how-dancing-helps-your-mental-health-5206963> SciShow Psych

Class 6: Movement class, Cha Cha Slide. Discuss video “Why Dancing is so Good for Parkinson’s” https://www.youtube.com/watch?v=4cZOuS_zPI4
Barbara Field, 2026, 6 min.

Class 7: Movement class, review Hustle & Cha Cha Slide. Begin to create an original line dance. Discuss article “Dance Health & Fitness,” <https://theindustry.blog/dance/dance-health-and-fitness/dance-health-and-fitness-the-perfect-blend-of-art-and-wellness/>
Glen Jay, 2025.

Class 8: Movement class, review dances on request, finish creating original line dance. Class wrap-up discussion.