



University of Nevada, Reno
Extension
College of Agriculture,
Biotechnology & Natural Resources

Line Up and Let Loose

Materials Needed:

- **Line Dance Instructor, Line Dance DVD or Streamed Line Dance video**

Instructions:

- Preview Line Dance video to make sure the activity level is appropriate
- Follow along with instructor, DVD or video
- Provide alternative or low impact options to include all ability levels
- Be sure to take breaks to keep hydrated

Tips for acquiring materials:

- **Ask Around Internally:** Speak with facility staff or clients to identify if anyone might be willing to lead sessions
- **Engage Community Organizations:** Reach out to local nonprofits, clubs, or wellness groups that might volunteer to lead a line dancing class
- **Explore Thrift Stores:** Browse local thrift shops for secondhand DVDs related to line dancing
- **Utilize Streaming Services:** Check popular subscription-based streaming platforms for available line dance routines



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