



COUNTRY Fusion

DANCE FITNESS

**INSTRUCTOR
★ CERTIFICATION ★
MANUAL**

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Congratulations on taking the first step to become a certified Country Fusion® Instructor.

By becoming a part of the Country Fusion® family, you are partaking in a new, fun and aerobic group fitness program that fuses together the dance styles of Country Line Dance, Salsa, Cha-Cha, Belly Dance, Swing, Samba, and Hip-Hop. Throughout this program, you will be constantly learning new dances and choreography that will keep you and your clients engaged in a fitness routine that will greatly improve brain function, balance, posture and most importantly, overall health.

Country Fusion® is a program that will better the lives of every participant. Outside of the fitness workout, the program will allow participants to use their body more effectively, improving their overall health and fitness while learning how to dance and engage socially. In turn, this will build an unbreakable confidence they will carry throughout their life.

Country Fusion is not just a fitness program but also a lifestyle. Once you have taken the certification course and become a certified Country Fusion Star instructor, you then have access to all the dance videos to hold your Country Fusion classes for \$25 a month. Your videos will help you study and learn the dances to teach in your classes, you will also get the playlist of music, discounts on apparel, and the use of the Country Fusion name to teach your classes.

So, as we say in Country Fusion®, “Let’s Work it Out!”

About the Creator of Country Fusion®

Country Fusion® was created by Elizabeth Mooney in 2016. She has several years of professional dance performance, instruction and fitness experience. She has additional experience in Latin and Ballroom Dance Instruction. Elizabeth has produced and directed her own Off-Broadway show in NYC, owned a dance studio in New York and founded Burlesque Booty Camp. Elizabeth’s knowledge goes beyond the dance floor, where she has expertise in the areas of dietetics and nutrition. Her certifications are in AFAA/NASM Personal Training, Zumba, Pole Dance, Pound, Zumbatonic, Ballet Barre Assets, BOSU, Bootcamp, HIIT, Cardio Tai Box, and CPR/AED certified. She has also competed in The Boston Showdown with her own choreography and Country Two Step. Elizabeth is also in Screen Actors Guild for many dance roles in feature films, commercials, and TV shows.

Country Fusion® Code of Ethics:

Country Fusion® was built on the foundation of respect, motivation, and to inspire all who participate in the program. Every instructor must practice and display compassion, discipline, and motivation in their classes. All participants should be treated with an equal amount of respect, no matter what age, sex, weight, or fitness/dance ability they possess. Country Fusion® was created to build confidence in ourselves and others. An instructor must be someone who will inspire those in their classes to go beyond their own expectations and help discover

something within themselves. You'll soon discover that Country Fitness® is just not a dance fitness class, but a lifestyle.

As a Country Fusion® Instructor you should conduct your classes in a way that:

- Provides safe instructions and is tailored to the levels of all students.
- Maintain current CPR/AED certification and first aid procedures.
- Follow proper business laws when operating under Country Fusion, LLC.®
- Stay up-to-date on new Country Fusion® online video portal releases.
- Refrain from providing clients with health advice outside your realm of expertise; refer clients to medical professionals when appropriate.
- Act in appropriate manner when representing Country Fusion®
- Encourage clients to maintain a healthy lifestyle and stay active.
- Have fun!



www.countryfusion.net

Country Fusion® Course Objectives

- Instructors will learn to facilitate the Country Fusion® class format.
- Instructors will learn dance steps specific to the Country Fusion® class format and how to teach them.
- Country Fusion® is not just a fitness brand but a lifestyle for everyone who enjoys dancing and country music! Once you become a Country Fusion® instructor, you learn and teach new dances, make friends, and create a like-minded tribe that goes out into the community to experience line dancing, country concerts, and more.
- Instructors will learn that Country Fusion® classes are judgement free and planned with everyone in mind. They are designed to instill confidence both in self and one another, as well as motivate to achieve personal goals.

Country Fusion® Instructor Training Defined

- Country Fusion® is an aerobic fitness workout centered around Country Line Dance while infusing various other dances including Salsa, Cha-Cha, Belly Dance, Hip Hop, Samba, Merengue, Swing, and more.
- Each class is fifty minutes long and is structured as a LIIT (Low Intensity Interval Training) workout. We will explore and discuss LIIT training in more detail during the course of this training including the methods,
- Over the course of the class, students will learn classic line dances such as the Tush Push, , Watermelon Crawl, Cowboy Rhythm, Baby Likes to Rock It, Good Times, and much more. Newer line dances, such as, Crank It Up and Kick The Dust Up will also be taught.
- The playlist for Country Fusion® will consist of an interval based set up; meaning a mixture of fast song followed by a slightly slower song which will keep our dancers' heart beat up and burning more calories throughout the class. Each playlist should consist of approximately 15 songs, which includes FOUR Wild Card songs.

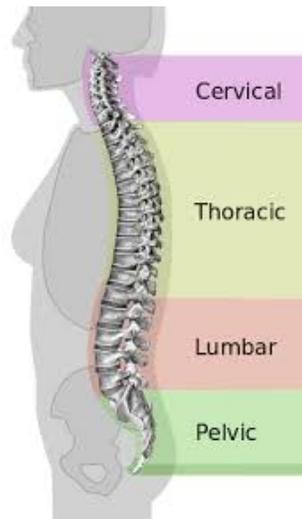
Movement Safety and Posture in Country Fusion®



Proper posture is a foundation to a healthy body. Country Fusion® encourages proper posture both during fitness activities and for the participants in their everyday life.

Neutral Posture

Healthy spine shares four natural curves- cervical, thoracic, lumbar and pelvic. The natural curves of your spine provide shock absorption. The spine also reduces stress and fatigue on muscles and joints. The spine and pelvis, both neutral joints, provide the body the greatest functional core stability (spinal and pelvic stability). Optimal posture and alignment minimize stress on soft tissue and joints during dynamic movement and at rest.



Imagine a line passing through the center of your body or your center of gravity. The body counter balances the load equally front to back and side to side. Gravity is always pulling us downward and contributing to misalignment and dysfunction. Since posture is habitual, increased body awareness by participants, attention to these issues by the instructor, and students utilizing visual, verbal, and tactile cues can make alignment corrections themselves. It is imperative to ensure the effectiveness and safety of movements because when properly aligned, we are in the strongest and safest position for Country Fusion[®] movements.

Help the participants understand proper posture. This is the layout of the **front view** the spine while in proper alignment.

- Nose
- Sternum
- Navel
- Knees align under ASIS (anterior superior anterior spine) joints
- Knees align over 2nd and 3rd toes

This is the layout of the **side view** of the spine in proper alignment:

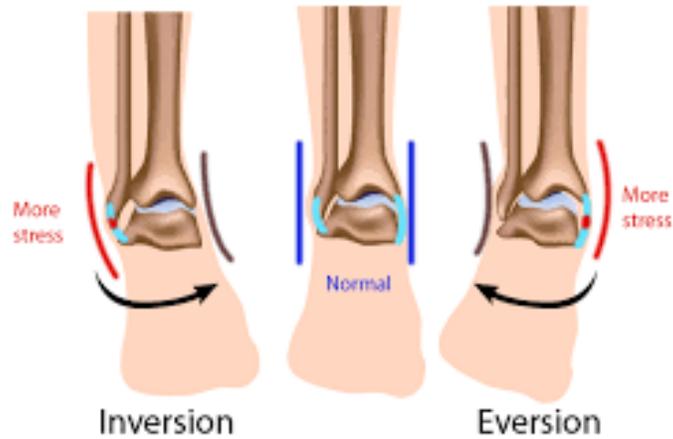
- Ears
- Shoulders
- Ribcage
- Hips
- Knees
- Feet

Ankle and Foot Alignment

Ankle and foot alignment can affect function throughout the body. Incorrect alignment can lead to dysfunction and pain in the knees, hips, and back. Proper foot placement is important for a stable body and foundation.

Distribute weight on all three points of the foot including the big toe, pinky toe, and heel. Think of the foot as a tripod and ensure that your arches are lifted. Additionally, the knees should align with the second and third toe. Always avoid pronation or supination at the ankles and valgus collapse of the knees.

Ankle Alignment



Group Activity Teach Backs:

Work with a partner to guide them into proper posture using cues from above. Look for proper posture and alignment in both the side and front views. Be prepared to correct using cues that are quick to say and easy for a participant to understand.

Terms Related to Country Fusion®

As an instructor, it is important to familiarize yourself with all terminology used in the Country Fusion® program. The following should describe and define these terms.

ARe= Abbreviation for **Active Recovery**. Use this to delineate the Active Recovery move or Sequence in the Quadrant choreography notes (see detailed explanation below).

Base Move= A version of Base Builder in its simplest form, not a variation. For example: a squat is a Base Builder; a Base Move of a Squat can be a side squat, Sumo Squat, or a Squat Jump. A variation would be the squat with a knee lift.

Bodyweight= Many exercises will use the resistance of your own body weight against you (i.e. gravity) to create an overload on the body's systems: muscular, skeletal, cardiovascular, and connective tissue.

Cardio Move= A type of move which will increase heart rate to a place of positive stress on the heart and lungs, and to improve both aerobic and anaerobic capacity, depending on the intensity. For example, marching or running in place are examples of cardio moves that can occur at a moderate, sustainable pace. However, an exercise such as high knees or a squat jump will stimulate higher, anaerobic heart rates as well as overload muscles and increase impact to improve conditioning capacity.

Cooldown= The last part of the class or the transition out of the workout and into the rest of the day/evening. The main-focus is to decrease intensity, lower heart rate and blood pressure to pre-exercise rates, lengthen the joints and spine, stretch worked muscles and stimulate the recovery process.

Intensity= Intensity is the amount of physical power (expressed as a percentage of the maximal oxygen consumption or VO₂max) that the body uses when performing an activity. For example, exercise intensity can define how hard the body must work to walk a mile in 20 minutes. Intensity will be based on the level of ability of the participant.

Interval= Alternate bouts of higher intensity (work phase) followed by lower intensity moves (active recovery) so the heart rate can decrease, and an individual can catch their breath. Intervals are repeated as work/active recovery activities.

Link= Our term for a move that connects two moves together. It is how you get from Point A to Point B in a sequence, effortlessly, without stopping.

LT= An abbreviation for a LIIT interval. Use this to delineate a higher than aerobic intensity move or sequence in a given Quadrant.

Muscle Conditioning= A term related to exercises that will improve the ability of a muscle to do repeated work bouts based on the specific overload parameters. For example, training for improved muscle endurance, muscle strength, muscle power, etc., which will result in improved responses to overload.

Progression= A way to increase the intensity, complexity, change or vary a single move to manage the progression and intensity.

Quadrant= The four blocks of movement that are the main component of the Country Fusion® program.

Recharge= The 30 to 90 second section transition between Quadrants that contain **Base Moves**.

Rev Phase= A progressive way to gradually “amp up” an intensity interval moves or sequences in a Quadrant using the music to help to build the new interval.

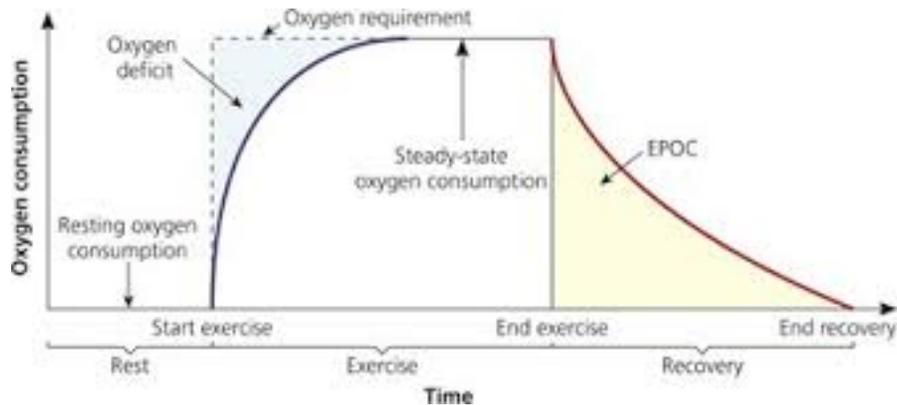
Tempo Training= By using the beat of the music to drive the reps/time when performing a move in the Country Fusion® fitness program which affects choreography selection and intensity.

Variation= Alterations or adaptations to Base Builder or Base Moves, adding changes to levers, speed, impact, arm and/or leg pattern or direction.

Warmup= The most essential part of a Country Fusion® fitness workout in order to prepare participants for a greater demand for blood flow, oxygen and nutrients.

Intensity and Country Fusion®

There are two main primary energy systems the body utilizes to stimulate and support muscle function: Aerobic and Anaerobic.



Aerobic means with oxygen. It is a term we use to define steady state or continuous, sustained exercise at an intensity which an individual can maintain the activity in a constant motion without stopping. The feeling is “challenging but do able.” With aerobic exercise, oxygen utilized by the muscles through the mitochondria gives them the energy needed to sustain the effort for the duration of the activity. These activities can be jogging, cycling, or group exercise classes such as Country Fusion®.

When measuring intensity in a Country Fusion® group exercise class, the goal is to maintain a steady pace with variations in the intensity that hover below the anaerobic threshold. Once the warmup is complete, the main body of the class will consist of intermittent, small, rippling changes in intensity due to the different movements and by adding variations including arm patterns, directional changes, more impact, etc. The aerobic effort shouldn't be in a straight line in relation to any effort, but should look like the following:

Variations in Steady State:



When the exercise demand exceeds intensities and the body cannot produce oxygen fast enough, the body will kick into anaerobic metabolism, which means “without oxygen.” In this state, the body can't convert energy fast enough to sustain the energy demand, which makes the heart rate rise, breathing becomes labored resulting in a limited energy supply which requires participants to stop and “catch their breath” before resuming the activity. This stage is called Active

Recovery (**ARe**). Once the body can catch up on the oxygen demand, the individual will be able to resume exercise at a lower intensity until the process repeats itself.

These activities involve exercising with alternate bouts of intensity for 30 seconds to 2 minutes with bouts of lower intensities for active recovery, which last about 30-60 seconds. This pattern is repeated throughout the duration of the exercise bout. By doing this, the cardiovascular system becomes stronger, energy is used more efficiently, higher levels of intensity can be reached and more afterburn will result.

Intensities in a are regulated through movement intervals in the Four Quadrants. The types of intervals included in a Country Fusion® class will fall under specific types of intervals (see LIIT section for interval types).

Fit Facts

- There is a direct relation between intensity and duration: the harder the intensity, the shorter the duration of the activity that can be sustained.
- A person's fitness level is determined by how long they can maintain the higher levels of intensity before active recovery is needed.
- People of higher fitness levels can sustain the anaerobic work bout longer than a person with a lower fitness level.
- The fuel utilized for energy production and its by-products (waste) will determine the length of the activity: 1) 30 seconds or less- all out, maximal effort/anaerobic. 2) 30 seconds to 2 minutes- submaximal range, that hovers just below the anaerobic threshold, also known as the lactic acid threshold. 3) Two- minutes or more an individual can sustain submaximal efforts.
- It is important to note that these systems interchange with the intensity of the demand of the activity.

LIIT - Low Intensity Interval Training

L.I.I.T. (low intensity interval training) is a form of interval training that is cardiovascular exercise in nature with variations in the intensity that do not cross the anaerobic threshold. LIIT is similar to HIIT (high intensity interval training) in the way that it consists of intervals of higher and lower intensity. The difference between the two is that the high-intensity periods aren't nearly as intense in a LIIT workout, much like the increases in intensity in a Country Fusion® class. Intensity during a LIIT routine is never as high as a sprint, and recovery time is slightly longer than those offered in HIIT training. Think going from a walk into a jog rather than a jog into a sprint. *Country Fusion® utilizes LIIT training by using the music to drive the move and to induce the fluctuating high and low alternating bouts of intensity. The goal of Country Fusion® is to maintain appropriate intensities, utilizing both anaerobic and aerobic based on the Four Quadrant format. This is REALLY IMPORTANT for a Country Fusion instructor to understand as it is the basis of our science-based training.*

The benefits of LIIT workouts have been thoroughly researched and documented. Despite age, gender, or fitness level, workouts that fall into LIIT training categories (like Country Fusion®) can increase physiological function, reap a higher caloric burn and support E.P.O.C. (excess post-exercise oxygen consumption), which is also referred to as the afterburn. Current research further suggests that LIIT style workouts are completely safe for beginners.

By participating in Country Fusion® program, you and your students will see improvements in:

- Cardiovascular endurance and stamina
- Overall muscular endurance and definition
- Fat loss and weight management
- Increase in bone mineral density
- Improved joint strength
- Improved core strength
- Better joint mobility
- Improved balance
- Better coordination and agility

LIIT Interval Types

The exercises that fit into the LIIT programs can vary from bumps in the road, to rolling hills, to peaks and valleys. Each type is represented below. Some intervals are more systematic with ratios of work to recovery, for example 2:1, 3:1, 4:2, etc. Some are intermittent, meaning they are more spontaneous with uneven work and work recovery ratios throughout. All are driven by intensities that have a higher workload and must be followed through to recovery. Another benefit of the Country Fusion® programs includes the fact that participants will see and feel that they are getting more fit because they can exercise at higher intensities and recover much quicker.

Country Fusion® Intervals

Diagram B: Anaerobic Intervals

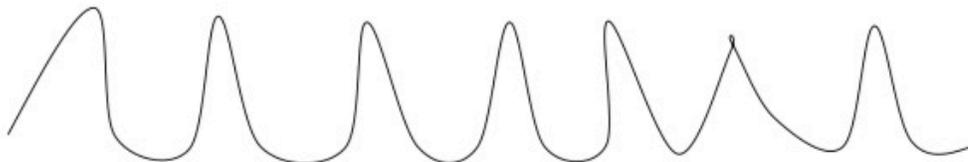
1. Bumps in the Road



2. Rolling Hills



3. Peaks and Valleys



Country Fusion® Intervals are designed with the appropriate duration, intensity of ratio of higher and lower intensities including active recovery can stimulate a higher calorie burn for the entire workout, and with the slight variations in intensity, even after the workout.

Application of LIIT for Country Fusion®

Alternating bouts of moderate to high intensity training with lower intensities of active recovery makes it possible to exercise at higher levels in a manageable way for the whole Country Fusion® class. Therefore, it is important for Country Fusion® instructors to encourage participants through coaching to use proper body mechanics as well as to educate about intensity. It is safe and normal to at times be breathy to breathless in the Country Fusion® class. The more participants participate, the more they will self-monitor their potential to push their limits to improve their fitness.

When participating in Country Fusion®, instructors will use the **TT** in LITT to stand for **Tempo Training**. In dance-based fitness programs, music and tempo are the defining factors that drive choreography. TT is used to identify the parts of the songs that are powerful for the LT intervals, always followed by Active Recovery while using the music tempo as a guide.

Country Fusion® Quadrant Specific Intervals

- Quadrant One is aerobic in nature, increasing heart rate and sustaining a moderate level of intensity throughout. The breathing should reflect a “challenging but doable” effort, but then progress into a slightly heavier rate.
- Quadrant Two has the look of “Rolling Style” intervals, with breaks between allowing participants active recovery. Participants should be able to hold this quadrant from 30 seconds until 2 minutes before active recovery. A “breathy” pattern should be held throughout this quadrant.
- Quadrant Three follows the “Peak and Valley” style interval which drives intensities close to maximum effort before active recovery. For new or unfit participants, the amount of time between re-occurring intervals may need to be at a lesser intensity, since actual intervals may be too intense. Breathing will be harder to sustain in Quadrant Three.
- Quadrant Four and Quadrant One are like each other as the activities can include muscle work to drive intensities. Intervals if utilized, will be incremental, small rolling hills and followed by active recovery. Breathing will be challenging but doable to breathy.

In between the songs, the class participants should always be moving, whether its squats in place, quick feet, jumping jacks, or walking.

Wild Card Songs and Dances

Part of the fun of this program is tied into this part of the class. In order to keep the participants interested, four Wild Card songs that differ from country music will be chosen by the instructor. Each of these songs will contain dances that will have students moving their bodies in different ways. Some of the dances included in the Wild Card selection process and the benefits of these dance styles include the following:



Salsa

Salsa is a popular form of social dance originated from Eastern Cuba. Even though it is a dance done with a partner, it can be done alone. Most of the movements will not use the upper body or arms, but that doesn't mean that it won't build up a good sweat. This dance style works the gluteal muscles, hamstrings, quadriceps, calves, and core.

Belly Dance

This fat burning dance exercise is an Arabic expressive dance originating in Egypt and Africa. Belly dancing is known for its focus on abdominal muscles and developing core strength. It also works your back muscles, thighs, hips, glutes, and hamstrings. Additionally, it also helps with improving posture and flexibility, while toning muscles. The exercise is also used to calm and relax the mind. The dance style is relatively easy on the joints, only using the mid-section, so anybody regardless of age, body weight, or size can participate in it. This would be a great choice for one of the final songs, since it could work as a cool down too.

Cha-Cha

From Cuba, also known as the shuffle this dance style has been around since the early 1950's. This simple dance has only three steps - three forward and three backwards. In this easy to follow dance, the participants will focus on the hips and core.



Swing

Nearly a century old, swing dance evolved alongside Jazz music. The benefits of this style are incredibly beneficial. It is an effective aerobic activity that raises the heart rate and torches calories. Swing can be done in a slow or a quick pace, depending on the music you choose to accompany it. The legs benefit the most from this dance style. This six-step rhythm helps improve balance, focus, and concentration.

Hip/Hop

When compared to the other exercises on this list, this style is newer. There are a wide range of street styles that fall under hip/hop and each can be used to advance someone's fitness level. It is extremely helpful with building stamina. If any style will get your heart pumping, it will be this one, since the hip/hop songs are fast paced and full of energy.

Reggae

Ya, Mon! The island of Jamaica is responsible for producing this popular dance style. This fast-paced style is a complete body workout. The major muscles that are affected are the calves, core, and thighs. The arms are also engaged through the move called, The Bogle. A student will move his arms in a circular motion, that works both your upper body and abdominals. Legs will then be strengthened through The Butterfly. Many moves in this dance style work the legs.

Merengue

This is a Latin dance style originating from the Dominican Republic. This dance is a good dance style for relieving stress, increasing energy levels, improving confidence. The memorization of the steps also is great for a mental boosting workout. Most of all, Latin dance is a weight bearing activity that will help maintain bone mineral density.



Bachata

Just because this style is a bit slower than the others, doesn't mean the benefits aren't as beneficial. With its continuous steps, Bachata will give you a mental workout along with the lower body. The correct movements of the torso, hips, legs, and buttocks will allow you to reaffirm your silhouette and shape your waist.

Country Fusion® Dances

In my experience, when you invite someone to a dance class you may hear a standard response like, “No, thank you, I don’t really dance.” In this program, we encourage that anyone can dance. As with anything, learning something new can be hard, and that is why this class is a blessing to those unexperienced dancers. As an instructor, you will teach the class how to break down steps, learn how to self-monitor counts, and build confidence along the way.

The first step to learn how to perform Country Fusion® is to understand that dances are made up of counts and walls.

What are counts?

When learning and teaching dance, you will discover that most songs will be broken up into segments or units called 8 counts. Each of these segments is measured in counts of 8 beats, or the time it will take you to from counts 1-8 in a rhythmic fashion. Once the count of eight is reached, dancers start over from one and a new segment begins. In Country Fusion®, dances can range anywhere from 8 counts to 40!

What are walls?

A wall is a term that is related to country line dancing. This means you are doing turns that result in the group facing a new wall. Some dances have no turns and would therefore be a *single wall dance*. Other songs may be *two wall dances*, which means that you face two different walls throughout the dance. There are also *four wall dances*, where you will face all the walls in the room at some point during the dance.

What are tags?

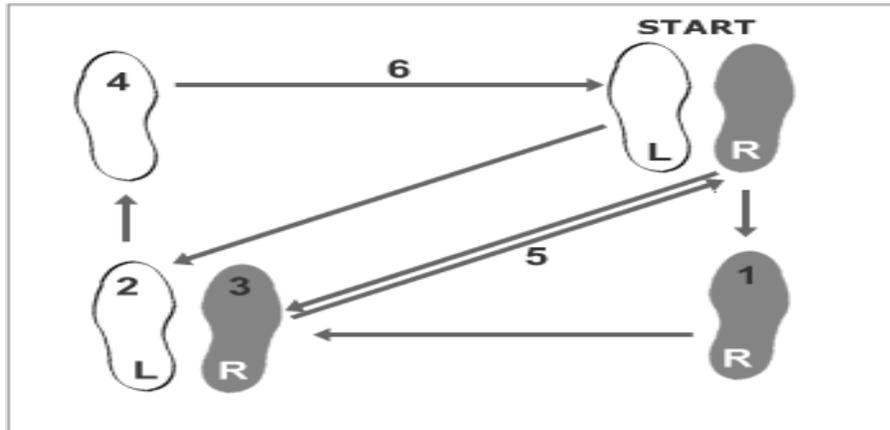
When beats are added on to the count of a song, this is called a tag.

What is a restart?

This is when a dance is started back over at the beginning.

There are also various steps you may notice are repeated throughout Country Fusion®. The following include descriptions of some of the steps you will experience:

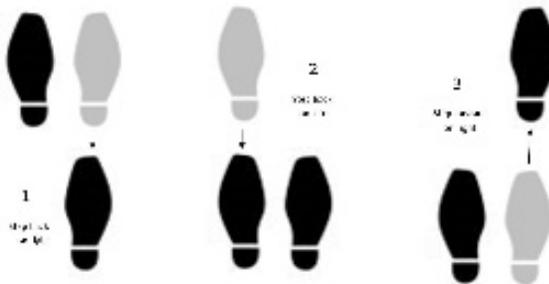
- Ball Change - step onto the ball of the leading foot and then step/change the body weight to the other foot, making that foot the leading one.
- Box Step - a sequence of steps that create a box shape.



- Cha-Cha (aka Shuffle) - 3 steps forward or backwards.
- Coaster Step - step leading foot back, step your other foot next to the first. Step leading foot forward.

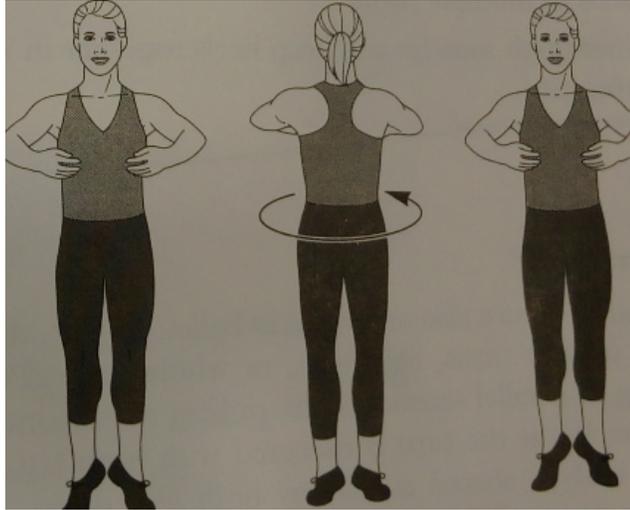
Right Coaster Step

Level: Improver



- Hip Bump - Shake hips side to side.

- Half Pivot - Rotating the axis of the body without traveling.



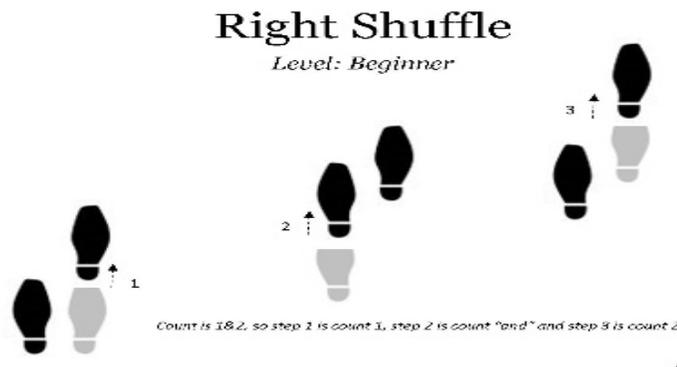
- Grapevine - 3 step sequence- side step, cross behind, side step, followed by a step together, or a kick, stomp or scuff.
- Jazz Box - step leading foot forward, cross other foot over, step leading foot back, step other foot together.
- Lasso - Swing your arm in a circular motion above your head.
- Mambo - step lead foot to the side, rock onto opposite foot and then cross lead foot over the opposite foot. Then step lead foot forward, rock onto opposite foot, step lead foot back.
- Monterey Points - leg out to the side; foot pointing to the side



- Pivot - turn done when one foot is in front of the other and the turn is done on the balls of the foot, changing weight.
- Quick Feet - 'running' in place on your toes.
- Rock Step- A move that has one rocking back and forth. Transferring the weight from one foot to the other.
- Rocking Chair - rock step forward on the leading foot, then rock step back onto the leading foot.



- Shuffle - A dance step that has one moving their feet across the floor without lifting it.



- Weave - This is a sideways move in which one-foot crosses alternately in front and behind the other. Weaves can be several counts, and can start with a side step, front cross step, or back cross step.

Country Fusion® instructors must be sure to emphasize correct posture and alignment during all dances. This includes chest up, head up, shoulders down and rolled back, glutes and core engaged. Proper posture and alignment will ensure that participants get the most out of their work and prevent injuries.

Also, remember that cues are important to indicate when a new step or change in the dance will be coming up—non-verbal cues, like hand and arm signals- i.e. clapping, pointing, or even a head nod are excellent ways to relay this information, as the class may not always be able to hear a verbal cue over the beat of the music. Feel free to take the non-verbal cues you picked up from today's session and add your own flair to personalize it to what makes you feel comfortable and your students feel successful.

Group Activity – Teach Backs

Work with a partner and teach one of the above Country Fusion® dance moves. Then switch partners and teach a different style of dance. Focus on the words used to describe the moves and visual cues used to express the feelings of intensity. 3-minutes each.

What to Expect from a Country Fusion® Class

Expect to have a lot of fun while burning calories! A typical Country Fusion® class lasts 50 minutes.

Warm Up 5-10 minutes

Before you get into the faster dances, you are going to want to ease the class in. A warm up song should be chosen to make participants feel more comfortable and at ease with their anxiety about dancing. Remember, be encouraging, as some will be unsure and lack confidence. Movements such as light hip shakes and very basic shuffling are a great way to warm up.

Cardio Section 25-35 minutes

Once warm select a song that has more energy for the next part of the class. Be sure tell participants that it is okay to move at their own pace. These faster movements will include spins and others that are done at a quicker pace, so start to include movements with the arms going overhead in this section.

The class then reaches its peak level. Everything done here is to push participants to their limits. To help them stay in the training mind set, pick songs that will keep people energized, motivated and pumped up! Remember, watch and encourage everyone with a smile and a motivating remark.

Transition 3-5 minutes

After the cardio section, start to bring the class down, heading towards the cool down but still challenging them. Instructors should alternate between songs with quick beats and ones with a slower tempo. The movements should still maintain challenging movements, but at a less intense pace.

Cool Down 3-5 minutes

Finally, select a song for the final cool down. Cool down by performing stretches and light movements.

A Country Fusion® class has concluded. Hopefully, through the sweat, the participants will appreciate what they just experienced and come back many more times to get down at Country Fusion®!

Here is a sample playlist from my class!

The playlist is designed for interval training to make the most of your workout. Your playlist is very important because the songs are the foundation of your class. The songs must start with a warm-up, gradually pick up pace, switch from a faster to a little slower song, then reach the peak, then cool down.

SAMPLE PLAYLIST

Suds in the Bucket- Sara Evans

That Don't Impress Me Much- Shania Twain

Holler Back -The Lost Trailers

Footloose- Blake Shelton

Cowboy Up- Jill Johnson

Lambada. (Wild Card)

Kickin' up the Mud- The Lacs

Pontoon- Little Big Town

Swing (Wild Card)

Whiskey Drinkin- Mike Knight

Johnny Cash- Jason Aldean

Move to Miami Enrique Iglesias. (Wild Card)

Vacation- Thomas Rhett

What She Does to Me- Moonshine Bandits

Salsa (Wild Card)

Dirt on my Boots- Joe Pardi

Songs/dances you can swap from above:

Country Girl (Shake it for Me)- Luke Bryan

Fake ID- Big & Rich

Sugar- Maroon 5

Aw Naw- Chris Young

Going Back to Louisiana- Scooter Lee

Then the following songs will be used as a cool down...

Wagon Wheel- Darius Rucker

What the Cowgirls Do- Vince Gill

Twistin' the Night Away- Sam Cooke

Whiskey Under the Bridge- Brooks and Dunn

Whose Bed have your Boot Been Under- Shania Twain

**Remember to check with ASCAP and BMI licensing when using your music and staying in their guidelines. We also recommend, the Clubs and Facilities secure their own ASCAP and BMI licensing.*



Country Fusion® and Alzheimer's Disease

What is Alzheimer's Disease?

This is a progressive mental deterioration that can occur in people in later years in life, although some new cases are diagnosing this disease as young as 50 years old. It is responsible for the degeneration of the brain. Patients will experience memory loss and other negative cognitive deterioration. The part of the brain called the Hippocampus Region is responsible for memory, learning, and balance. It is also the region that is most effected by the disease.

How can Country Fusion® help fight this disease?

According to a study done by "Science Daily," dancing not only improves both mental and physical capacity, but also helps boost overall mood. While there are many other activities, such as walking and cycling that are beneficial to an elderly person's health, those activities don't challenge the memory portion of the brain.

In a Country Fusion® class, participants will learn and memorize steps that they perform in class. The dance styles include Latin Dance, Square Dance, and Line Dance to name a few. In Country Fusion®, the change in dance styles from class to class will further help the participants constantly challenge their memory while strengthening their minds. On top of having fun, burning calories, the overall goal of Country Fusion® is to better overall life.

Testimonials

Country Fusion® prides itself on providing the best experience for its participants. The word on the street is that this is an unforgettable experience! Here are some of the raves this fitness program is receiving!

Testimonials

Really great class - fun and a fantastic workout. It is like a country version of Zumba plus a few others such as latin, belly dancing and burlesque. I recommend you give it a try!

Joanne Bachmann

Testimonials

Liz's classes never disappoint! Liz motivates her students and makes working out fun, I always leave class feeling like I got an excellent workout while having a great time!

Kait Lyn

“Liz is so nice and a great dancer! Country Fusion® is so much fun!” *Angela, 9*

“This is a great class. The program is incredibly creative and really works all the muscles in the body.”- *John, 26*

“Liz is the exact instructor that you want guiding you. She is funny, warm, knowledgeable, and completely encouraging. She makes you strive for the best without being overly pushy about it.”- *Rosemarie, 64*



Marketing the Brand

Now that you have read all about what Country Fusion® is, it's your turn to join the fun. If you are 18 or older, you can become part of the Country Fusion® brand. For the fee of **\$259.00** dollars plus a **\$25.00** monthly fee, you too can be on your way to changing the lives of everyone who come into your classes.

What Does the Fee Get You?

When you are a part of the team, you will get updates about anything and everything that is going on in Country Fusion®. In order to help you spread brand awareness, marketing materials will be available on the website. As discussed, it is important to change up both the styles of dance and music, so you will find new playlists and videos posted too. Remember, most classes use about 15 songs, with the total average length of 50 minutes, so you will need material to fill the time.

Building Your Country Fusion® Brand

One important aspect of becoming a Country Fusion® instructor is promoting yourself and building your personal Country Fusion® brand. Once you establish a location, which could be a gym, private studio, municipality) it is important to build community awareness of your classes. If you are a gym, you may want to check with management to find out if non-members will be allowed to attend- you may also be able to work with the gym to have them promote your class to gym members.

You can market yourself through various forms of print and digital media such as flyers, newspaper ads, online ads, social media platforms (Facebook, Twitter, LinkedIn, Instagram, etc.), posts online forums/websites, etc. Shares pictures and videos from classes to get the word out there. Also, if you build a rapport with the people in your class, word of mouth will help you out. Remember, be friendly, courteous, humble, encouraging, and energetic!

Also consider participating in local festivals and offering a free demo show! This will give clients an opportunity to learn more about Country Fusion®.

Thank you for considering joining the Country Fusion® team! Don't hesitate to contact me for additional questions, comments, or concerns please visit the web site or reach out to me directly.

www.countryfusion.net

Elizabeth Mooney: **elizabeth@countryfusion.net**

Safety Tips

Country Fusion® is meant to be fun and enjoyable for all, but safety is always an important aspect to remember in order to keep classes fun and participants free from injury.

- Have new students fill out a Release of Liability Form and Use of Photo Waiver. Maintain these for your records. Should an injury occur, having a Liability form with an emergency contact on file will protect you and ensure that you are able to take the correct course of action if the participant should need medical attention. The photo waiver form will allow you to share class photos and video footage in any marketing materials or on class websites. (A sample copy of these forms has been provided).

- REMINDER! As an instructor, you must be CPR/AED certified and you may want to purchase personal liability insurance as well.

- Participants should wear comfortable clothes, sneakers and bring water to class.

- Have students alert you of any injuries and if needed, provide modifications such as no jumping and limiting any arm movements/raises.

- Remind the students to stay hydrated before and during class.

Name _____

Address _____

Cell Phone _____ Home Phone _____

Email Address _____

Any Health Concerns _____

Emergency Contact Information _____

Name _____ Phone Number _____

Relationship _____

How did you hear about Country Fusion® ? _____

Please Initial and Sign Below

I, _____, acknowledge that I have enrolled in a program of strenuous physical activity, including, but not limited to dance and fitness. I, hereby agree to release and discharge Country Fusion LLC® and any of its associates, instructors, or employees on behalf of myself, me heirs, and assigns in connection with any activity herein. I, hereby affirm that I am in good physical condition, do not suffer from any disability that would prevent or limit participation in any exercise program and have been informed that I should consult a physician before beginning any type of exercise program.

_____ (Initial Here)

I understand that any exercise activity at Country Fusion LLC[®], bears certain risks which could result in injury or damage, including, but not limited to: physical injury to the legs, knees, back, hands, or any other parts of the body as well as injury or strain to the cardiovascular, circulatory, and or respiratory system.

_____ (Initial Here)

(If Pregnant): I certify that I have gotten clearance from my OB/GYN to participate in all classes that are offered by Country Fusion LLC.[®]

_____ (Initial Here)

I, expressly agree and promise to accept and assume all responsibility and risk for injury, illness, disease or death as well as any damage to myself or to my property resulting from my participating in these activities. My participation in these activities is purely voluntary and I am electing to participate in spite of these aforementioned risks.

_____ (Initial Here)

By Signing this voluntary release, I fully recognize that if I or anyone else I hurt or damaged while I am engaged in any activity at Country Fusion LLC.[®] its officers, employees, representatives, shareholders, or agents regardless of the reason for my injury or damage.

_____ (Initial Here)

I recognize that this release shall remain in effect for the entire time I continue to participate in any and all activities at Country Fusion LLC.[®]. By signing this release, I acknowledge that I have read this entire document, understand it completely as well as understanding that it affects my legal rights and I agree to be bound by its terms.

_____ (Initial Here)

Signature: _____

Print Name _____

Date _____

Country Fusion[®] Photo Release Form

I grant Country Fusion, LLC[®], its representatives and employees the right to take photographs of me and my property in connection with the above-identified subject. I authorize Country Fusion, LLC[®] to copyright, use, and publish the same

in print and/or electronically. I agree that Country Fusion, LLC[®] may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content. I have read and understood the above:

Printed Name: _____

Organization Name (if applicable): _____

Address: _____

Date: _____

Signature, Parent of Guardian (if under 18):
