



**INSTRUCTOR**  
**★ CERTIFICATION ★**  
**MANUAL**

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## **Congratulations on taking the first step to become a certified Country Fusion® For Kids Instructor.**

By becoming a part of the Country Fusion® For Kids 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® For Kids 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® For Kids is not just a fitness program but also a lifestyle. Once you have taken the certification course and become a certified Country Fusion® For Kids Star instructor, you then have access to all the dance videos to hold your Country Fusion® For Kids 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® For Kids name to teach your classes.

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

## **About the Creator of Country Fusion® For Kids**

Country Fusion® For Kids was created by Elizabeth Mooney. 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® For Kids Code of Ethics:**

Country Fusion® For Kids 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® For Kids 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 Fusion® For Kids is just not a dance fitness class, but a lifestyle.

As a Country Fusion® For Kids 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® For Kids 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® For Kids
- Encourage clients to maintain a healthy lifestyle and stay active.
- Have fun!



**[www.countryfusion.net](http://www.countryfusion.net)**

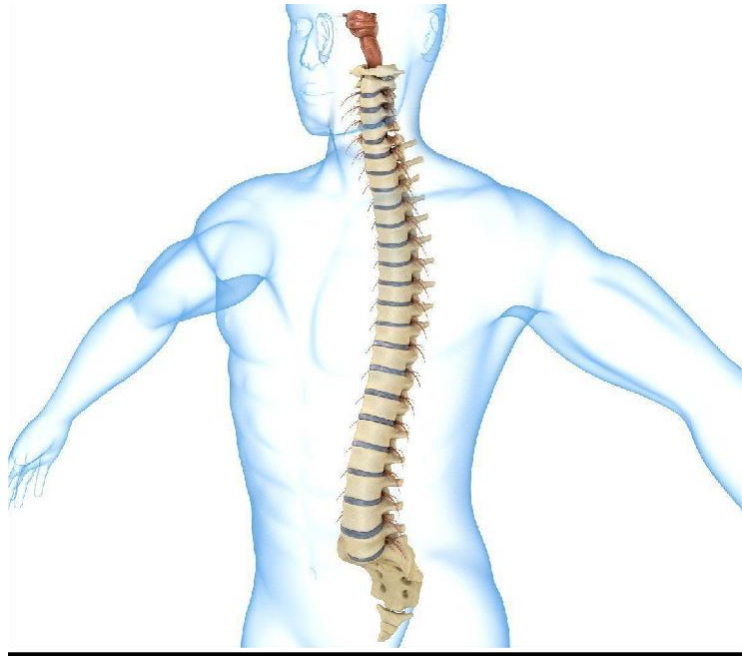
## **Country Fusion® For Kids Course Objectives**

- Instructors will learn to facilitate the Country Fusion® For Kids class format.
- Instructors will learn dance steps specific to the Country Fusion® For Kids class format and how to teach them.
- Country Fusion® For Kids is not just a fitness brand but a lifestyle for everyone who enjoys dancing and country music! Once you become a Country Fusion® For Kids 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® For Kids 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® For Kids Instructor Training Defined**

- Country Fusion® For Kids 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® For Kids 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® For Kids



Proper posture is a foundation to a healthy body. Country Fusion® For Kids 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® For Kids 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 2<sup>nd</sup> and 3<sup>rd</sup> toes

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

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

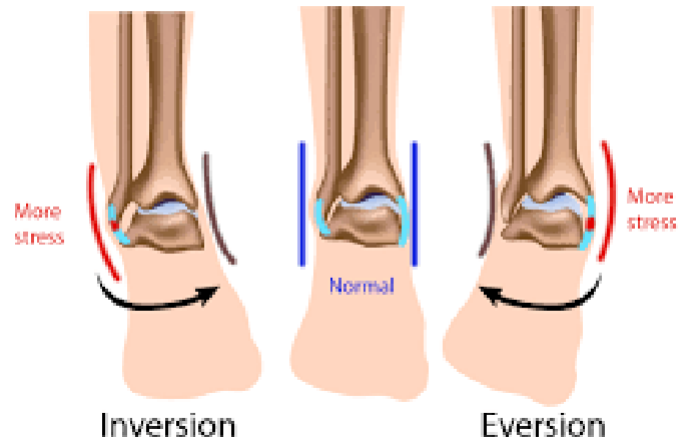
### **Ankle and Foot Alignment**

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® For Kids

As an instructor, it is important to familiarize yourself with all terminology used in the Country Fusion® For Kids 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 VO<sub>2</sub>max) 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<sup>®</sup> For Kids 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.

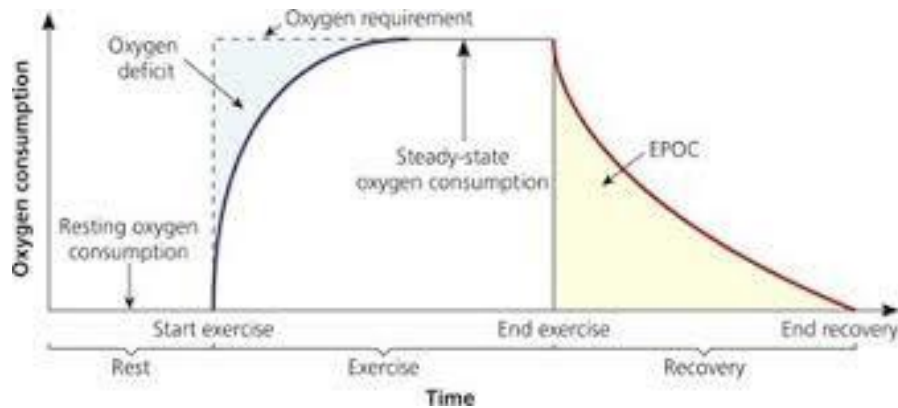
**Tempo Training**= By using the beat of the music to drive the reps/time when performing a move in the Country Fusion<sup>®</sup> For Kids fitness program which affects choreography selection and intensity.

**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<sup>®</sup> For Kids fitness workout in order to prepare participants for a greater demand for blood flow, oxygen and nutrients.

## Intensity and Country Fusion® For Kids

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® For Kids.

When measuring intensity in a Country Fusion® For Kids 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® For Kids 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® For Kids 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® For Kids 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® For Kids is to maintain appropriate intensities, utilizing both anaerobic and aerobic based on the Four Quadrant format. This is REALLY IMPORTANT for a Country Fusion® For Kids 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® For Kids) 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® For Kids 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® For Kids 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.

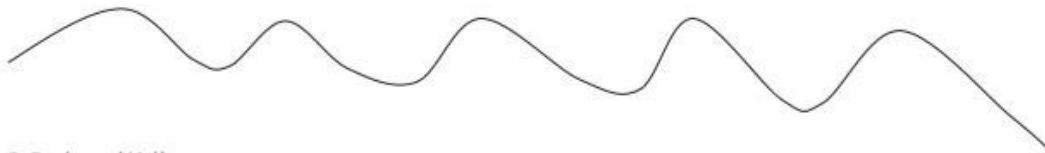
### Country Fusion® For Kids Intervals

#### Diagram B: Anaerobic Intervals

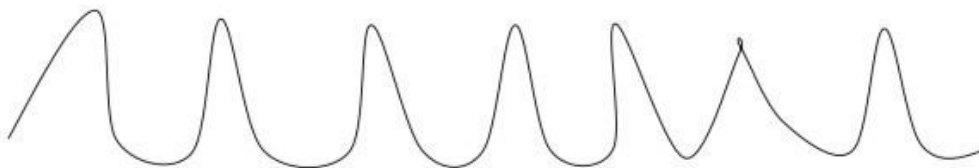
##### 1. Bumps in the Road



##### 2. Rolling Hills



##### 3. Peaks and Valleys



Country Fusion® For Kids 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® For Kids

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® For Kids class. Therefore, it is important for Country Fusion® For Kids 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® For Kids 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® For Kids, 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® For Kids 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.

## **Country Fusion® For Kids 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® For Kids 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® For Kids, 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?***

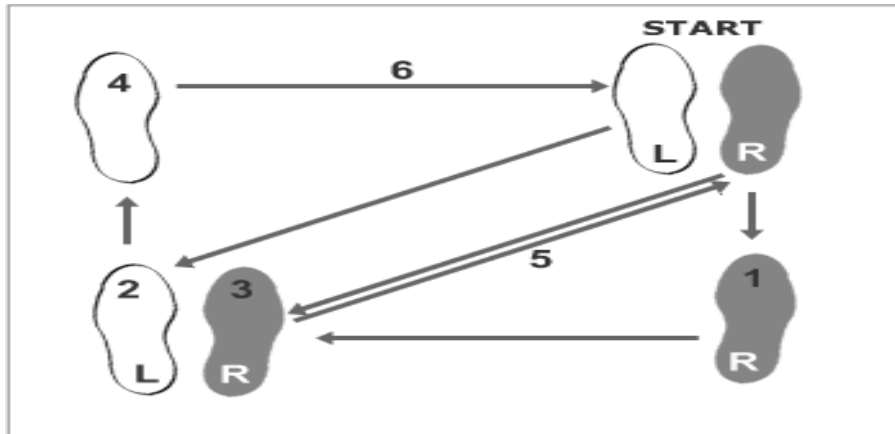
When beats are added on to the count of a song, this is called a tag.

### ***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® For Kids. The following include descriptions of some of the steps you will experience:

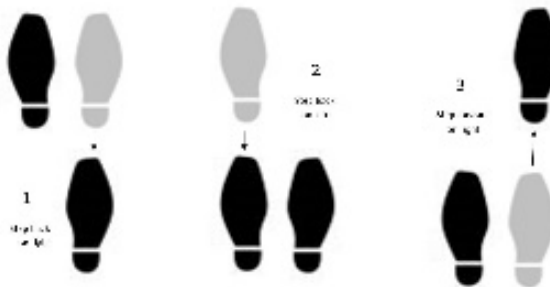
- Ball Change - step onto the ball of the leading foot and then step/change the body weight to the other foot, making that foot the leading one.
- Box Step - a sequence of steps that create a box shape.



- 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.

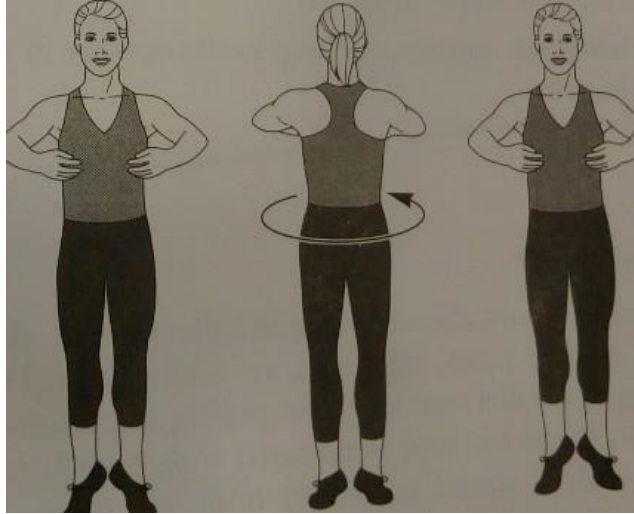
## Right Coaster Step

*Level: Improver*



- Hip Bump - Shake hips side to side.

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



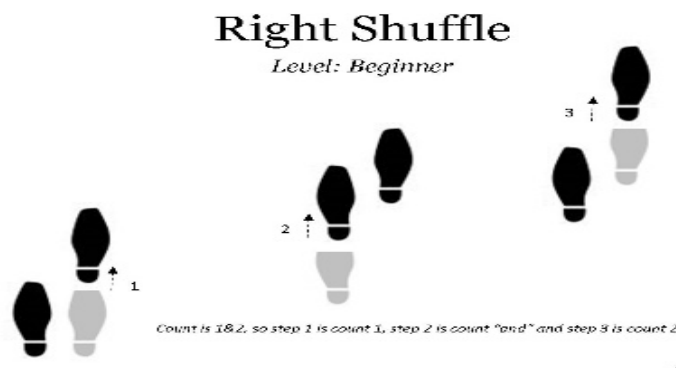
- Grapevine - 3 step sequence- side step, cross behind, side step, followed by a step together, or a kick, stomp or scuff.
- Jazz Box - step leading foot forward, cross other foot over, step leading foot back, step other foot together.
- Lasso - Swing your arm in a circular motion above your head.
- 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® For Kids 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® For Kids 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 for Kids**

Similar to an adult class, a Country Fusion® for Kids class (ages 5-17) should expect to be between 50-60 minutes in length.

### **Anti-Bullying Opening (10-15 minutes)**

Prior to starting line dances, this first portion of a class is to address what the Country Fusion® for Kids class is about a movement in kindness for themselves and others. The class allows participants to find empathy, advice, camaraderie, and confidence. The opening of a class builds an open sense of community and support between instructor and participants and between the participants themselves.

The first few classes should reflect on the Country Fusion® For Kids definition of bullying. Discussing what this definition means and what it looks like in the real world are important to begin to build connections with participants.

As the instructor, the first few classes may require more reliance on personal experiences to share with participants to build comfort level and being open and honest in sharing with others. Sharing moments in time when bullying was experienced by the instructor (focusing on childhood, if possible) and discussing them with the participants allows them to see bullying happens to all and has happened for generations.

The goal of this class opening would be to allow for a release of the discussion to be more on participants to guide experiences, struggles, and advice amongst their class peers. This could move towards a time to weekly share recent moments of bullying and problem solving, how to address those experiences and feelings, and move forward with suggestions of prevention, actions to assist themselves and others facing bullying, emotional support, and ways to build confidence. Discussions around empathy for bullies and bullying behaviors can also be held, to understand motivations for the behaviors.

### **Dance Section (40 minutes)**

This portion of the class should focus on learning the line dances approved for Country Fusion® for Kids. To best gear this dance section towards a workout, all 6 dances should be covered in a class. A breakdown of the dance prior to the song being played, then dancing to the music is best practice for this age group. Repeating this for all 6 songs is encouraged.

This portion of the class will need to be modified based on the group dynamics. A generally younger group of participants (early elementary age) or a brand new group of participants across ages may only be able to learn 2-3 dances during this 40 minute portion for several classes. Expect to instruct a very detailed breakdown of each dance and provide much repetition without and with music to build confidence. Pointing out steps already learned from other dances and

including as much Country Fusion® For Kids vocabulary as possible will help participants make connections between dances and learn quicker. As participants learn more core dance moves and practice dances that they have learned from past classes, the instructor can add new dances to each class to work towards the 6 songs per class during this section of time.

If a group of participants gets confident with the provided 6 songs rather quickly (they may be older in age or have some dance background), modifications can be slowly introduced, such as dancing some of the learned line dances to other songs/music. Dancing some or all of the songs back to back without a breakdown prior to each is also a modified challenge for participants.

### **Closing (5 minutes)**

To close a class, the instructor can reflect on the earlier opening discussion and provide words of encouragement for participants for their growth and improvement on the line dances of the class. This is also a time to introduce one of the provided affirmations, quotes, phrases, etc.

A brief discussion of the meaning of an affirmation or phrase prior to some group repetition will add meaning and value to the saying. Pointing out when else and how participants can use the affirmation in everyday life are also helpful and confidence boosting.

Utilizing a quote from the list of included empowering quotes is also an option at the closing of a class. General explanation of the person who stated the quote and what the quote means, then an instructor can lead to real life examples of the quote.

Young participants should leave class feeling a close, supportive bond with the others present, feel understood and heard, and have more confidence to address bullying situations in their everyday life moving forward.

## **Example Outline of a Country Fusion® Class for Kids**

### **Anti-Bullying Opening**

Instructor opens with introductions and a personal anecdote of bullying. Other participants are encouraged to share moments of bullying, if they want, and the instructor guides group discussion.

### **Dance Section**

Break down the steps to each dance then practice to the selected song.

Two Step Line Dance

“Two Step” by Laura Bell Bundy, Colt Ford



Set Slide Line Dance  
“The Set Slide” by Big Mucci

“Boot Scootin’ Boogie” Line Dance  
By Brooks and Dunn

Ah Si Line Dance  
“Gone Country” Alan Jackson

Country Electric Slide Line Dance  
“Only in America” by Brooks and Dunn

“It’s a Ho Down” Line Dance  
By Elektro Horse and Big Mucci

“I’m about to Fly” Line Dance  
“Rain on Me” by Lady Gaga and Ariana Grande

*\*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.*

### **Closing**

Instructor reflects on the earlier discussion and positive feedback on participant performance. Instructor selects one quote, affirmation, etc. to share and discuss. Suggestions of its application to real life are addressed prior to the class’s conclusion.



## Testimonials

Country Fusion® For Kids 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!



“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*



Beverly Merz, Executive Editor from Harvard Women's Health Watch reminds us that the movement in dance resembles an imaginative exercise that requires discipline and devotion. It permits kids to foster their coordinated movements, particularly in the little muscles of their hands and feet which will help them in school both academically and socially. In Country Fusion for kids, participants gain social skills which include empathy as they encourage one another and accept their unique ways of expressing themselves through music.

From a Psychology perspective, Lori Marie Huertas, a Country Fusion Instructor with a Masters in Family Counseling explains that dance and music activate our brains and allow us to reflect on contributing factors to bullying/victimization within the individual, family, peer group, the school and the community either as a victim or as a bully, or both. In CF Kids classes through a reflection exercise after class, teachers can help students better understand the dynamics of bullying and its effects. The goal is to create a sense of community, respect for one another through empathy and a shared goal of enjoying life together through dance.

## **Marketing the Brand**

Now that you have read all about what Country Fusion® For Kids is, it's your turn to join the fun. If you are 18 or older, you can become part of the Country Fusion® For Kids brand. For the fee of **\$299.00** (live) or **\$199.00** (online) 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® For Kids. 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® For Kids Brand**

One important aspect of becoming a Country Fusion® For Kids instructor is promoting yourself and building your personal Country Fusion® For Kids 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® For Kids.

Thank you for considering joining the Country Fusion® For Kids 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](http://www.countryfusion.net)***

Elizabeth Mooney: **[elizabeth@countryfusion.net](mailto:elizabeth@countryfusion.net)**

## **Safety Tips**

Country Fusion® For Kids 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.

# **Country Fusion LLC.® Waiver of Liability Release Form**

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, my 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<sup>®</sup> For Kids Photo Release Form**

I grant Country Fusion, LLC<sup>®</sup>, 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<sup>®</sup> to copyright, use, and publish the same in print and/or electronically. I agree that Country Fusion, LLC<sup>®</sup> 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):

\_\_\_\_\_