

CALLERLAB BASIC and MAINSTREAM PROGRAMS

Approved December 3, 2010

Basic Program - Part 1

1. Circle Left / Circle Right
2. Forward and Back
3. Dosado / *Dosado to a Wave*
4. Swing
5. Promenade Family
 - A. Couples (Full, 1/2, 3/4)
 - B. Single File Promenade
 - C. *Wrong Way Promenade*
 - D. *Star Promenade*
6. Allemande Left
7. Arm Turns
8. Right and Left Grand Family
 - A. Right and Left Grand
 - B. Weave the Ring
 - C. *Wrong Way Grand*
9. Left-Hand Star / Right-Hand Star
10. Pass Thru
11. Half Sashay Family
 - A. Half Sashay
 - B. Rollaway
 - C. Ladies In, Men Sashay
12. Turn Back Family
 - A. U-Turn Back
 - B. Backtrack
13. Separate Around 1 or 2
 - A. to a Line
 - B. and Come Into the Middle
14. Split Two
15. Courtesy Turn
16. Ladies Chain Family
 - A. Two Ladies Chain (Reg. & 3/4)
 - B. Four Ladies Chain (Reg. & 3/4)
 - C. *Chain Down the Line*
17. Do Paso
18. Lead Right
19. Veer Left / Veer Right
 - *16 C. *Chain Down the Line*
20. Bend the Line
21. Circulate Family
 - A. (Named Dancers) Circulate
 - B. Couples Circulate
 - C. *All Eight Circulate*
 - D. *Single File Circulate*
 - E. *Split/Box Circulate*
22. Right and Left Thru
23. Grand Square
24. Star Thru
25. California Twirl
26. Walk Around the Corner
27. See Saw
28. Square Thru (1, 2, 3, 4) /
Left Square Thru (1, 2, 3, 4)
29. Circle to a Line
30. Dive Thru

Basic Program - Part 2

31. Wheel Around
32. Thar Family
 - A. Allemande Thar
 - B. Allemande Left to an Allemande Thar
 - C. *Wrong Way Thar*
33. Slip the Clutch
34. Shoot the Star /
Shoot the Star Full Around
35. Box the Gnat
 - *8 C. *Wrong Way Grand*
36. Trade Family
 - A. (Named Dancers) Trade
 - B. Couples Trade
 - C. Partner Trade
37. Ocean Wave Family
 - A. Step to a Wave
 - B. Balance
 - *21 C. *All Eight Circulate*
38. Alamo Style
39. Swing Thru / *Left Swing Thru*
40. Run / *Cross Run*
41. Pass the Ocean
42. Extend (From 1/4 Tag Only)
43. Wheel and Deal
44. Double Pass Thru
45. First Couple Go Left/Right,
Next Couple Go Left/Right
46. Zoom
47. Flutterwheel / *Reverse Flutterwheel*
48. Sweep a Quarter
49. Trade By
50. Touch 1/4
 - *21 D. *Single File Circulate*
 - *21 E. *Split/Box Circulate*
51. Ferris Wheel

Mainstream Program

52. Cloverleaf
53. Turn Thru
54. Eight Chain Thru /
Eight Chain 1, 2, 3, Etc.
55. Pass to the Center
56. Single Hinge / Couples Hinge
57. Centers In
58. Cast Off 3/4
59. Spin the Top
60. Walk and Dodge
61. Slide Thru
62. Fold / *Cross Fold*
63. Dixie Style to an Ocean Wave
64. Spin Chain Thru
65. Tag the Line (In/Out/Left/Right)
66. Half Tag
67. Scoot Back
68. Recycle (From a Wave Only)

Callers are reminded to limit their calls to the advertised program. Calls from a list other than advertised should not be used unless they are walked through or workshopped first.

* Suggested Teaching Order. Calls in *italics* may be deferred until later in the teaching sequence. Recommended placement of some of these calls has been indicated with an asterisk.

CALLERLAB recommends that the BASIC and MAINSTREAM Programs, calls 1-68, be taught in not less than 58 hours. CALLERLAB also recommends that calls be taught from more than a single position (formation and arrangement) and that styling and timing be included as part of the teaching program.

NOTE TO DANCE PROGRAMMERS

There is NO program called the Mainstream/Plus Program. No dancer is required to know Plus calls to attend a Mainstream open dance. Please advertise dance programs as Mainstream or Plus, NOT Mainstream/Plus.

These lists are furnished through the courtesy of CALLERLAB and your local CALLERLAB callers.

CALLERLAB PROGRAMS

BASIC and MAINSTREAM

Why Programs and Lists?

CALLERLAB programs define a world-wide standard of square dance calls to be taught in square dance classes or workshops. Program lists, such as this one, list the set of calls that may be called at a dance advertised to be a specific dance program i.e. Basic, Mainstream, Plus, etc. Dance promoters are encouraged to list the program to be danced on flyers, brochures and other advertisements of open dances. Dancers should refer to the program designations to seek out dances that will consist of material with which they are familiar. Program lists are used by callers in programming an appropriate dance for a specific group of dancers. Including the desired program in the caller's confirmation agreement will provide programming guidance to the caller as well as protection for the sponsoring organization.

The program(s) are not intended to segregate dancers into exclusive groups or to indicate that one who chooses to dance at his or her own preferred program is any better, or any worse, than any other dancer. Dancing skill can be achieved at many programs, and the quantity of calls is not necessarily an indication of dancer proficiency. It is hoped that the program lists will be used to aid in a logical teaching progression and thorough coverage of basics in classes and to provide an enjoyable modern square dance for dancers of all inclinations. In addition, CALLERLAB's intent is that approved styling and timing of square dance movements will be an integral part of all classes and dance programs. It is also hoped that proper teaching, including timing and styling, will result in smooth dancing for the greater enjoyment of all.

What Next?

Responsible leaders, within and outside of CALLERLAB, recommend that dancers dance regularly at the program at which they graduate for at least one (1) year before they enter into classes or workshops for another program. This means that dancers graduating from the Mainstream Program should dance regularly at Mainstream dances for a year before going into the Plus Program.

There should be no pressure for movement from one program to another once a dancer has graduated. Dancers should be encouraged to take their time, enjoy the fun and fellowship and learn to dance well at that program before moving on to another program.