

# CALLERLAB BASIC and MAINSTREAM PROGRAMS

Approved September 3, 2015

Basic Program - Part 1	Basic Program - Part 2	Mainstream Program
<ol style="list-style-type: none"> <li>1. Circle Left / Circle Right</li> <li>2. Forward and Back</li> <li>3. Dosado / <i>Dosado to a Wave</i></li> <li>4. Swing</li> <li>5. Promenade Family               <ol style="list-style-type: none"> <li>a. Couples (Full, 1/2, 3/4)</li> <li>b. Single File Promenade</li> <li>c. <i>Wrong Way Promenade</i></li> <li>d. <i>Star Promenade</i></li> </ol> </li> <li>6. Allemande Left</li> <li>7. Arm Turns</li> <li>8. Right and Left Grand Family               <ol style="list-style-type: none"> <li>a. Right and Left Grand</li> <li>b. Weave the Ring</li> <li>c. <i>Wrong Way Grand</i></li> </ol> </li> <li>9. Left-Hand Star / Right-Hand Star</li> <li>10. Pass Thru</li> <li>11. Half Sashay Family               <ol style="list-style-type: none"> <li>a. Half Sashay</li> <li>b. Rollaway</li> <li>c. Ladies In, Men Sashay</li> </ol> </li> <li>12. Turn Back Family               <ol style="list-style-type: none"> <li>a. U-Turn Back</li> <li>b. Backtrack</li> </ol> </li> <li>13. Separate               <ol style="list-style-type: none"> <li>a. Around 1 or 2 to a Line</li> <li>b. Around 1 or 2 and Come Into the Middle</li> </ol> </li> <li>14. Split Two</li> <li>15. Courtesy Turn</li> <li>16. Ladies Chain Family               <ol style="list-style-type: none"> <li>a. Two Ladies Chain (Reg. &amp; 3/4)</li> <li>b. Four Ladies Chain (Reg. &amp; 3/4)</li> <li>c. <i>Chain Down the Line</i></li> </ol> </li> <li>17. Do Paso</li> <li>18. Lead Right</li> <li>19. Veer Left / Veer Right               <ol style="list-style-type: none"> <li>*16 c. <i>Chain Down the Line</i></li> </ol> </li> <li>20. Bend the Line</li> <li>21. Circulate Family               <ol style="list-style-type: none"> <li>a. (Named Dancers) Circulate</li> <li>b. Couples Circulate</li> <li>c. <i>All Eight Circulate</i></li> <li>d. <i>Single File Circulate</i></li> <li>e. <i>Split/Box Circulate</i></li> </ol> </li> <li>22. Right and Left Thru</li> <li>23. Grand Square</li> <li>24. Star Thru</li> <li>25. California Twirl</li> <li>26. Walk Around the Corner</li> <li>27. See Saw</li> <li>28. Square Thru (1, 2, 3, 4) / Left Square Thru (1, 2, 3, 4)</li> <li>29. Circle to a Line</li> <li>30. Dive Thru</li> </ol>	<ol style="list-style-type: none"> <li>31. Wheel Around</li> <li>32. Thar Family               <ol style="list-style-type: none"> <li>a. Allemande Thar</li> <li>b. Allemande Left to an Allemande Thar</li> <li>c. <i>Wrong Way Thar</i></li> </ol> </li> <li>33. Slip the Clutch</li> <li>34. Shoot the Star / Shoot the Star Full Around</li> <li>35. Box the Gnat               <ol style="list-style-type: none"> <li>*8 c. <i>Wrong Way Grand</i></li> </ol> </li> <li>36. Trade Family               <ol style="list-style-type: none"> <li>a. (Named Dancers) Trade</li> <li>b. Couples Trade</li> <li>c. Partner Trade</li> </ol> </li> <li>37. Ocean Wave Family               <ol style="list-style-type: none"> <li>a. Step to a Wave</li> <li>b. Balance</li> <li>*21 c. <i>All Eight Circulate</i></li> </ol> </li> <li>38. Alamo Style</li> <li>39. Swing Thru / <i>Left Swing Thru</i></li> <li>40. Run / <i>Cross Run</i></li> <li>41. Pass the Ocean</li> <li>42. Extend</li> <li>43. Wheel and Deal</li> <li>44. Double Pass Thru</li> <li>45. First Couple Go Left/Right, Next Couple Go Left/Right</li> <li>46. Zoom</li> <li>47. Flutterwheel / <i>Reverse Flutterwheel</i></li> <li>48. Sweep a Quarter</li> <li>49. Trade By</li> <li>50. Touch 1/4               <ol style="list-style-type: none"> <li>*21 d. <i>Single File Circulate</i></li> <li>*21 e. <i>Split/Box Circulate</i></li> </ol> </li> <li>51. Ferris Wheel</li> </ol>	<ol style="list-style-type: none"> <li>52. Cloverleaf</li> <li>53. Turn Thru</li> <li>54. Eight Chain Thru / Eight Chain 1, 2, 3, Etc.</li> <li>55. Pass to the Center</li> <li>56. Single Hinge / Couples Hinge</li> <li>57. Centers In</li> <li>58. Cast Off 3/4</li> <li>59. Spin the Top</li> <li>60. Walk and Dodge</li> <li>61. Slide Thru</li> <li>62. Fold / <i>Cross Fold</i></li> <li>63. Dixie Style to an Ocean Wave</li> <li>64. Spin Chain Thru</li> <li>65. Tag the Line (In/Out/Left/Right)</li> <li>66. Half Tag</li> <li>67. Scoot Back</li> <li>68. Recycle (From a Wave Only)</li> </ol>
		<p><b>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.</b></p>
	<p><b><u>NOTE TO DANCE PROGRAMMERS</u></b></p> <p>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.</p> <p>These lists are furnished through the courtesy of CALLERLAB and your local CALLERLAB callers.</p>	<p><b>* Suggested Teaching Order.</b> Calls in <i>italics</i> may be deferred until later in the teaching sequence. Recommended placement of some of these calls has been indicated with an asterisk.</p> <p>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.</p>

## Basic and Mainstream Program List (September 03, 2015)

ダンスのプログラムを考える方へ：メインストリーム/プラス と呼ばれるプログラムはありません。メインストリームと看板が掲げられたダンスに参加するために、誰もプラスを知っている必要はありません。どうか、どうか、メインストリーム あるいは プラス とダンス プログラムを案内してください。メインストリーム/プラス とはしないで下さい。

このリストは CALLERLAB と地域の CALLERLAB コーラーのご厚意で提供されています。

コーラーは発表されているプログラム レベルにコールを限定するのを忘れないようにして下さい。発表されているプログラム レベル以上のコールは、まずウオークスルー（注：動きを説明して実際に動いて確かめること）やワークショップを行ってからでなければ、使わないで下さい。

**教える順序の提案** リスト上のイタリック書体で書かれたコールは、教える順番を後に遅らせても構いません。これらのコールを教えるのに推奨される順番は、アスタリスク（\*）をつけて表示してあります。CALLERLAB では、ベーシックとメインストリーム プログラムのコール（1～68）は、58時間以上の時間をかけて教えるよう推奨しています。

CALLERLAB では、コールを講習する際に複数の位置（フォーメーションとアレンジメント）からの動きを教えたり、講習プログラムにスタイリングやタイミングも含むよう推奨しています。

**【編者追記】**：「当資料の脚注翻訳と原典への挿入については、2016年10月4日付けで、CALLERLABの同意を得ている。」

# 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.