CALLERLAB BASIC & MAINSTREAM TEACHING LIST

Revised June 2,2008

| ClubInstructorStartComplete# Students started # Graduated | | | | | | | | | | | | | | | | | | | | | |
|---|--------------------|---|---|---|---|---|---|---|---|---|-----|---|--|-----|--------|--------|--------|-----|--------|--------|---|
| Start | | | l | | | | | | | | | | | Gra | adu | | | | | | Γ |
| CALLS | LESSON | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1 0 | 1 | | 1 | 1 5 | 1 6 | 1 7 | 1 8 | 1 9 | 2 0 | |
| В | ASIC | | | | | | | | | | | | | | | | | | | | |
| 1. Circle Left/Cir | cle Right | | | | | | | | | | | | | | | | | | | | |
| 2. Forward and E | Back | | | | | | | | | | | | | | | | | | | | |
| 3. Dosado/Dosad | lo to a Wave | | | | | | | | | | | | | | | | | | | | |
| 4. Swing | | | | | | | | | | | | | | | | | | | | | |
| 5. Promenade Fa | mily | | | | | | | | | | | | | | | | | | | | |
| A. Couples (Fu | 111, ½, 3/4) | | | | | | | | | | | | | | | | | | | | |
| B. Single File I | Promenade | | | | | | | | | | | | | | | | | | | | |
| C. Wrong Way | Promenade | | | | | | | | | | | | | | | | | | | | |
| D. Star Promei | nade | | | | | | | | | | | | | | | | | | | | |
| 6. Allemande Le | ft | | | | | | | | | | | | | | | | | | | | |
| 7. Arm Turns | | | | | | | | | | | | | | | | | | | | | |
| 8. Right And Lef | t Grand Family | | | | | | | | | | | | | | | | | | | | |
| A. Right An | nd Left Grand | | | | | | | | | | | | | | | | | | | | |
| B. Weave th | ne Ring | | | | | | | | | | | | | | | | | | | | |
| C. Wrong W | ay Grand | | | | | | | | | | | | | | | | | | | | |
| 9.Left Hand Sta | ar/Right Hand Star | | | | | | | | | | | | | | | | | | | | |
| 10 .Pass Thru | | | | | | | | | | | | | | | | | | | | | |
| 11.Split Two | | | | | | | | | | | | | | | | | | | | | |
| 12.Half Sashay | Family | | | | | | | | | | | | | | | | | | | | |
| A. Half Sasha | ay | | | | | | | | | | | | | | | | | | | | |
| B. Rollaway | | | | | | | | | | | | | | | | | | | | | |
| C. Ladies in, | Men Sashay | | | | | | | | | | | | | | | | | | | | |
| 13.Turn Back Fa | mily | | | | | | | | | | | | | | | | | | | | |
| A. U-Turn Ba | ack | | | | | | | | | | | | | | | | | | | | |
| B. Backtrack | | | | | | | | | | | | | | | | | | | | | |
| 14. Separate Aro | und 1 or 2 | | | | | | | | | | | | | | | | | | | | |
| A. To a Line | , | | | | | | | | | | | | | | | | | | | | |
| B. And come | e into the middle | | | | | | | | | | | | | | | | | | | | |
| 15. Courtesy Tur | n | | | | | | | | | | | | | | | | | | | | |

| LESSON MOVEMENT | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1 0 | 1 | 1 2 | 1 3 | 1 4 | 1 5 | 1 6 | 1 7 | 1 8 | 1 9 | 2 0 | |
|-----------------------------------|---|---|---|---|---|---|---|---|---|-----|---|-----|-----|-----|-----|-----|--------|-----|-----|-----|--|
| 16.Ladies Chain Family | | | | | | | | | | | | | | | | | | | | | |
| A. Two Ladies Chain | | | | | | | | | | | | | | | | | | | | | |
| B. Four Ladies Chain | | | | | | | | | | | | | | | | | | | | | |
| C. Four Ladies Chain 3/4 | | | | | | | | | | | | | | | | | | | | | |
| D. Chain Down The Line | | | | | | | | | | | | | | | | | | | | | |
| 17.Do Paso | | | | | | | | | | | | | | | | | | | | | |
| 18.Lead Right | | | | | | | | | | | | | | | | | | | | | |
| 19.Right & Left Thru | | | | | | | | | | | | | | | | | | | | | |
| 20.Grand Square | | | | | | | | | | | | | | | | | | | | | |
| 21.Star Thru | | | | | | | | | | | | | | | | | | | | | |
| 22.Circle to a Line | | | | | | | | | | | | | | | | | | | | | |
| 23.Bend the Line | | | | | | | | | | | | | | | | | | | | | |
| 24.Walk Around the Corner | | | | | | | | | | | | | | | | | | | | | |
| 25.See Saw | | | | | | | | | | | | | | | | | | | | | |
| 26.Square Thru (1,2,3,4) | | | | | | | | | | | | | | | | | | | | | |
| Left Square Thru (1,2,3,4) | | | | | | | | | | | | | | | | | | | | | |
| 27.California Twirl | | | | | | | | | | | | | | | | | | | | | |
| 28.Dive Thru | | | | | | | | | | | | | | | | | | | | | |
| 29.Wheel Around | | | | | | | | | | | | | | | | | | | | | |
| 30.Thar Family | | | | | | | | | | | | | | | | | | | | | |
| A. Allemande Thar | | | | | | | | | | | | | | | | | | | | | |
| B. Allemande Left to an All. Thar | | | | | | | | | | | | | | | | | | | | | |
| C. Wrong Way Thar | | | | | | | | | | | | | | | | | | | | | |
| 31.Shoot the Star/Full Around | | | | | | | | | | | | | | | | | | | | | |
| 32.Slip the Clutch | | | | | | | | | | | | | | | | | | | | | |
| 33.Box the Gnat | | | | | | | | | | | | | | | | | | | | | |
| 34.Ocean Wave Family | | | | | | | | | | | | | | | | | | | | | |
| A. Step to a Wave | | | | | | | | | | | | | | | | | | | | | |
| B. Balance | | | | | | | | | | | | | | | | | | | | | |
| 35.Alamo Style | | | | | | | | | | | | | | | | | | | | | |
| 36.Pass the Ocean | | | | | | | | | | | | | | | | | | | | | |

| LESSON MOVEMENT | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1 0 | 1 | 1 2 | 1 3 | 1 4 | 1 5 | 1 6 | 1 7 | 1 8 | 1 9 | 2 0 | REMARKS |
|---|---|---|---|---|---|---|---|---|---|-----|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|---------|
| 37.Extend (from 1/4 tag only) | | | | | | | | | | | | | | | | | | | | | |
| 38.Swing Thru/Left Swing Thru | | | | | | | | | | | | | | | | | | | | | |
| 39.Run/Cross Run | | | | | | | | | | | | | | | | | | | | | |
| 40.Trade Family | | | | | | | | | | | | | | | | | | | | | |
| A. (named dancers) Trade | | | | | | | | | | | | | | | | | | | | | |
| B. Couples Trade | | | | | | | | | | | | | | | | | | | | | |
| C. Partner Trade | | | | | | | | | | | | | | | | | | | | | |
| 41.Wheel and Deal | | | | | | | | | | | | | | | | | | | | | |
| 42.Double Pass Thru | | | | | | | | | | | | | | | | | | | | | |
| 43.First Couple Go Left/Right Next Couple Go Left/Right | | | | | | | | | | | | | | | | | | | | | |
| 44.Zoom | | | | | | | | | | | | | | | | | | | | | |
| 45.Flutterwheel/Reverse Flutter | | | | | | | | | | | | | | | | | | | | | |
| 46.Sweep a Quarter | | | | | | | | | | | | | | | | | | | | | |
| 47.Veer Left / Veer Right | | | | | | | | | | | | | | | | | | | | | |
| 48.Trade By | | | | | | | | | | | | | | | | | | | | | |
| 49.Touch 1/4 | | | | | | | | | | | | | | | | | | | | | |
| 50.Circulate Family | | | | | | | | | | | | | | | | | | | | | |
| A. (named dancers) Circulate | | | | | | | | | | | | | | | | | | | | | |
| B. All 8 Circulate | | | | | | | | | | | | | | | | | | | | | |
| C. Couples Circulate | | | | | | | | | | | | | | | | | | | | | |
| D. Single File Circulate | | | | | | | | | | | | | | | | | | | | | |
| E. Split / Box Circulate | | | | | | | | | | | | | | | | | | | | | |
| 51. Ferris Wheel | | | | | | | | | | | | | | | | | | | | | |
| MAINSTREAM PROGRAM | | | | | | | | | | | | | | | | | | | | | |
| 52.Cloverleaf | | | | | | | | | | | | | | | | | | | | | |
| 53.Turn Thru | | | | | | | | | | | | | | | | | | | | | |
| 54. Eight Chain Thru (1,2,3 etc.) | | | | | | | | | | | | | | | | | | | | | |
| 55.Pass to the Center | | | | | | | | | | | | | | | | | | | | | |
| 56. Spin The Top | | | | | | | | | | | | | | | | | | | | | |
| 57.Centers In | | | | | | | | | | | | | | | | | | | | | |
| 58.Cast Off 3/4 | | | | | | | | | | | | | | | | | | | | | |

| LESSON MOVEMENT | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1 0 | 1 | 1 2 | 1 3 | 1 4 | 1 5 | 1 | 1 7 | 1 8 | 1 | 2 0 | |
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| 59.Walk & Dodge | | | | | | | | | | | | | | | | | | | | | |
| 60.Slide Thru | | | | | | | | | | | | | | | | | | | | | |
| 61.Fold/ <i>Cross Fold</i> | | | | | | | | | | | | | | | | | | | | | |
| 62.Dixie Style To An Ocean Wave | | | | | | | | | | | | | | | | | | | | | |
| 63. Spin Chain Thru | | | | | | | | | | | | | | | | | | | | | |
| 64.Tag The Line (In/Out/Left/Right) | | | | | | | | | | | | | | | | | | | | | |
| 65.Half Tag | | | | | | | | | | | | | | | | | | | | | |
| 66.Scoot Back | | | | | | | | | | | | | | | | | | | | | |
| 67.Single Hinge/Couples Hinge | | | | | | | | | | | | | | | | | | | | | |
| 68.Recycle (from Waves Only) | | | | | | | | | | | | | | | | | | | | | _ |

SUGGESTIONS FOR USE OF CHECK OFF LIST:

Put an X in the box corresponding to the movement and the night it was introduced.

Put an X in the box corresponding to the movement and the night it was next called and work shopped. Put a / in the boxes when the movement is danced without difficulty and there after to keep track of calling the movement

NOTE: Movements in italic may be deferred until later in the teaching order.

*Suggested Teaching Order

CALLERLAB recommends that the BASIC & MAINSTREAM Programs, calls 1-69, be taught in not less than 58 hours. We are currently working on a recommended teach time for just the BASIC program.

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. Calls in *italics* may be deferred until later in the teaching sequence.

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 Basic, Mainstream or Plus, NOT Mainstream/Plus.

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