

# CALLERLAB BASIC and MAINSTREAM PROGRAMS

## 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
  - a. Around 1 or 2 to a Line
  - b. Around 1 or 2 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
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. Double Pass Thru
26. First Couple Go Left/Right  
Next Couple Go Left/Right
27. California Twirl
28. Walk Around the Corner
29. See Saw

30. Square Thru (1, 2, 3, 4) /  
Left Square Thru (1, 2, 3, 4)
31. Circle to a Line
32. Dive Thru

## Basic Program - Part 2

33. Wheel Around
34. Box the Gnat
35. Trade Family
  - a. Trade
  - b. Partner Trade
  - c. Couples Trade
36. Ocean Wave Family
  - a. Step to a Wave
  - b. Balance
37. Alamo Style
38. Swing Thru / Left Swing Thru
39. Run / Cross Run
40. Pass the Ocean
41. Extend
42. Wheel and Deal
43. Zoom
44. Flutterwheel / Reverse Flutterwheel
45. Sweep a Quarter
46. Trade By
47. Touch 1/4
48. Ferris Wheel

## Mainstream Program

1. Cloverleaf
2. Turn Thru
3. Eight Chain Thru /  
Eight Chain 1, 2, 3, Etc.
4. Pass to the Center
5. Thar Family
  - a. Allemande Thar
  - b. Allemande Left to an Allemande Thar
  - c. Wrong Way Thar
6. Slip the Clutch
7. Shoot the Star / Shoot the Star Full Around
8. Single Hinge / Couples Hinge
9. Centers In
10. Cast Off 3/4
11. Spin the Top
12. Walk and Dodge
13. Slide Thru
14. Fold / Cross Fold
15. Dixie Style to an Ocean Wave
16. Spin Chain Thru
17. Tag The Line Family
  - a. Tag the Line (In/Out/Left/Right)
  - b. Fraction (1/4, 1/2, 3/4) Tag
18. Scoot Back
19. Recycle (From a Wave Only)

# CALLERLAB PLUS PROGRAM

## Plus Program

1. Acey Deucey
  2. Teacup Chain
  3. Ping Pong Circulate
  4. Load the Boat
  5. Peel Off
  6. Linear Cycle (From Waves Only)
  7. Coordinate
  8. (Anything) & Spread
  9. Spin Chain the Gears
  10. Track 2
  11. (Anything) & Roll
  12. Follow Your Neighbor
  13. Fan the Top
  14. Explode the Wave
  15. Explode & (Anything) (From Waves Only)
  16. Relay the Deucey
  17. Peel the Top
  18. Diamond Circulate
  19. Single Circle to a Wave
  20. Trade the Wave
  21. Flip the Diamond
  22. Grand Swing Thru
  23. Crossfire
  24. All 8 Spin the Top
  25. Cut the Diamond
  26. Chase Right
  27. Dixie Grand
  28. Spin Chain & Exchange the Gears
29. Triple Scoot