

The 50 Sustainable Square Dance Mainstream Calls

1. **Circle Left/Right** Palms up for boys
2. **Forward & Back** Holding inside hands – 8 counts
3. **Do Sa Do** Dancers facing, pass right shoulders, side right back to back, pass left shoulders back to place
4. **Swing** Right hips together, turning clockwise
5. **Promenade** Lady on right, right hands above lefts, Men palms up – Ladies palms down, moving CCW to home
6. **Allemande Left & Arm Turns** Left forearm turn, release and step forward - Right or Left forearm turns half, release and step forward back to back.
7. **Right & Left Grand** Starts with Right, boys go CCW, ladies go CW, 5 hands
8. **Stars, Right & Left** Need all four dancers, boys packsaddle, girls and mixed fingers pointing upwards
 - Star Promenade** Keep the star, arm around adjacent dancer
9. **Courtesy Turn** As couples, boys left palm up, girls left palm down. Boy leads lady as he backs up as lady moves forward. Couples end facing opposite wall.
 - Two Ladies Chain** Girls right pull by, boys step forward and to the left. She extends a left hand palms down for a courtesy turn. Couples end facing.
 - Four Ladies Chain** Four ladies make a right hand star to opposite man. Men step forward offering left hand palms up and courtesy turn to face in.
 - Four Ladies Chain** $\frac{3}{4}$ All four ladies make a right hand star three places, men will courtesy turn original corner.
10. **Pass Thru** Pass right shoulders, no change in facing direction
11. **Wheel Around** Holding hands as a couple, wheel around (180'). Left hand dancer backs up - right hand dancer moves forward to face opposite direction.
12. **Star Thru** Facing couples, with dancers across, man's R hand palms up, Ladies L hand palm down, lady goes under man's right arm making an arch. Lady turns $\frac{1}{4}$ left, man turns $\frac{1}{4}$ right moving behind the lady to end up side by side.
13. **Half sashay family** Dancers side-by-side, right dancer steps in front of left dancer, left dancer slides behind to change places maintaining same facing direction.
 - Roll away with a half sashay** Lady on right rolls across a full turn (360') in front of man exchanging places to face the same direction.
 - Ladies In - Men Sashay** From a circle, lady steps forward and moves to left and man sides right to exchange places.
14. **California Twirl** Couple makes an arch, lady walks under joined hands making $\frac{1}{2}$ left-face turn while man walks CW outside, both face opposite wall.
15. **Bend the Line** Holding hands, couples face the couple in a line of four. Ends move forward, centers back up equally to face as couples.
16. **U Turn Back** Turn around in place, turning towards adjacent dancer.
17. **Dive Thru** Facing couples, inside arch and step forward, as outsides duck under. Those making the arch steps forward and **California Twirl**.

18. **Square Thru 4,3,2,1** Square thru four hands, facing couples, 1 - right hands pull by, turn in $\frac{1}{4}$. 2 - join left hands pull by, turn in $\frac{1}{4}$. 3 - join right pull by, turn in $\frac{1}{4}$. 4 - join left hands pull by do not turn. Always four hands, full square thru unless otherwise designated. **Square Thru $\frac{3}{4}$** - On third hand, pull by do not turn. **Square Thru $\frac{1}{2}$** - On 2nd hand pull by, do not turn. **Square Thru 1** - Right pull by, no turn.
19. **Grand Square** Sides face, back away as Heads move forward four counts, each turn in to face new dancer. Continue 16 counts to reverse. Total 32 counts.
20. **Lead Right/Left** As a couple, lead right or left to face the couple on the right or left
21. **Veer Right/Left** Couples facing slide left or right and step forward to a two-faced line. From a two-faced line, the veering direction is forward and inward to end back to back with the other couple.
22. **Circulate** The call means to rotate in circular fashion moving forward one position within the formation. Dancers always move forward to the spot previously occupied by the dancer ahead in the given formation.
23. **Trade** Any two directed dancers exchange places by walking forward in a semi-circle ending in the other dancer's starting position. Each trading dancer has reversed his original facing direction. Dancers facing the same direction will pass right shoulders to end facing opposite wall.
24. **Chain down the line** From a right handed two face line formation, ladies in the center (or left ocean waves with the ladies in the center), ladies trade as men face in to curtesy turn.
25. **Right & Left Thru** Facing couples exchange places by giving a right across to pull by, men with left palms up will courtesy turn the lady to face the other couple.
26. **Flutter Wheel** The right hand dancers go into the center and turn $\frac{1}{2}$ by the right forearm. As they move adjacent to the opposite dancer, they reach out with the left hand and, taking the opposite dancer by the right hand to continue around to the original right hand dancer's starting position, releasing arms in the center and turning as a couple to face the center. **Reverse Flutter Wheel** – The left hand dancer turns with left forearm.
27. **Sweep a Quarter** Dancers continue the circling movement one quarter (90') in the direction of their body flow.
28. **Circle to a line** **1. Dancers choice:** Outside couple slides to the left as a couple, then veers right to form the right end of a line of four. The visiting couple slides to the left then wheels as a couple to face the opposite wall ending to form the left end a line of four. **2. Traditional Circle to a line:** After circling $\frac{1}{2}$, outside man breaks with the left and side left to form a line of four. Inside couple continues to hold left hands with adjacent couple's partner, while making an arch as his partner goes under his right arm to form the right end of a line of four.
29. **Separate** Turn away from each other and follow the call. Around 1 or 2 to a line or come down the middle
30. **Split Two** Go between two dancers, step forward as other couple slide back together

31. **Wheel & Deal – Lines of 4 facing out** The couple on the right wheels (180') toward the center of the line. The left hand couple takes a step forward and wheels in behind the other couple. Both couples end facing the same direction with the original left hand couple standing behind the original right hand couple.
Wheel & Deal – Two-Faced lines Each couple steps ahead one step. Each couple then wheels (180') toward the center to face as couples.
32. **Double Pass Thru** Couples facing with another couple behind. Dancers pass right shoulders twice with two other dancers facing to finish facing away from the center of the set in a completed double pass thru formation.
33. **First couple go Right/Left** Starts from a double pass thru formation, couples wheel ½ as directed to face the opposite direction ending to facing another couple.
34. **Ocean Waves** Three or more dancers holding adjacent hands. Each alternating dancer facing in an opposite direction. Facing couples step forward to join right hands with left in the center of the wave. **Alamo Style** - Ocean waves in a circle. **Balance** – In a wave or mini wave, step forward touch, step back touch in 6 counts.
35. **Swing Thru** From ocean waves, those who can, turn ½ by the right, then those who can, turn by the left ½. Always starts with the right unless “left” is specified before the call. **Left Swing Thru:** From ocean waves, those who can turn by the left, then those who can, turn by the right ½.
36. **Run** Dancer moves forward around the adjacent dancer to face the opposite direction. The inactive dancer slides over to take the space of the vacated runner not changing facing direction
Cross Run Cross-runners walk forward in a semi-circle into the spot vacated spot by the farther non-runner. Runners always end up facing the opposite direction. Non-runner slides into the spot of the cross-runner not changing facing direction.
37. **Pass the Ocean** Facing dancers pass right shoulders, turn in to face their partners and step into a right hand ocean wave.
38. **Extend** From an ocean wave, release hands and step forward to the couple they are facing and join hands in a right hand ocean wave. If facing out with no facing couples, dancers will step forward and hold inside hands. If the original wave is left hand wave, dancers extend to a left hand wave.
39. **Zoom** From one couple following another, dancers in the lead separates away from each other and walks around a full circle to end in the position of the dancer who was directly behind them. Meanwhile each trailing dancer steps forward into the vacated position of the lead dancer. Each dancer ends facing in the same direction.
40. **Centers In** The outside dancers step apart as the centers step forward and between them to become the center of four dancers.
Cast Off Three Quarters Each half of the line or wave works as a unit and moves forward around a pivot point three quarters (270°). If the adjoining dancers are facing the same direction, the end dancer becomes the pivot while the

other dancer moves in a semi-circle as a couple around the pivot. If the adjoining dancers are facing in opposite directions, the pivot point is the handhold between them and they move equally $\frac{3}{4}$ turn around that pivot point.

41. **Ferris Wheel** From a two face line, couples facing out wheel and deal to become the outside couples in a double pass thru formation. Meanwhile, the couples facing in step straight ahead to momentarily form a two-faced line in the center. Without stopping, they wheel and deal in that line to end as the center couples in a double pass thru formation.
42. **Partner Trade** Dancers side-by-side individually face, pass right shoulder then face in. Ends as a couple facing opposite wall.
43. **Trade By** Two couples facing each other in the center and the other couples are back to back facing out. Couples facing **pass thru**, the couples facing out **partner trade** to face in. Usually in a box formation **pass thru**, then **trade by**.
44. **Box the Gnat** Dancers of opposite sex join right hands to make an arch. The lady steps forward under the arch doing a left-face U turn back. The man walks forward and around the lady in a right-face U turn back. Dancers end facing each other, each in the other's starting position. Hands remain connected throughout the call.
45. **Hinge** A hinge is a half of a trade. Two adjacent dancers or couples who can trade can hinge.
46. **Touch a Quarter** Dancers touch right hands and turn $\frac{1}{4}$ by the right.
47. **Tag The Line** Each dancer turns to face the center of the line. Taking a short side step to the left, each dancer walks forward passing right shoulders with oncoming dancers until he has walked past all of the dancers from the other half of the line. The call may be followed by any one of the directions: In, Out, Right or Left. When this happens, dancers turn in place $\frac{1}{4}$ in the direction indicated.
Half Tag Like tag the line, except the dancers stop walking forward when the original center from each side of the line meets the original end from the other side.
48. **Fold** Directed dancers step forward and move in a small semi-circle to end facing toward an adjacent dancer. The adjacent inactive dancer may be facing in any direction and does not move. If not specified, centers fold toward ends and vice versa. **Cross Fold** Directed dancers fold toward the farthest inactive dancer by walking in a semi-circle to end facing toward that same dancer. When the active dancers are both facing the same direction, they move forward in a semi-circle, passing right shoulders to fold toward furthest inactive dancer.
49. **Scoot Back** From right hand wave: dancers facing in step straight forward to join adjacent forearms, turn $\frac{1}{2}$ and step forward to end in the position vacated by the dancer who was facing out. Meanwhile, each dancer facing out runs into the position vacated by the dancer who is doing the forearm turn. Finishes in a box circulate formation. From a $\frac{1}{4}$ tag: dancers step ahead, join right forearms, turn $\frac{1}{2}$ and step forward returning to a right hand wave. The others finish as a couple facing out, ending in a $\frac{3}{4}$ tag.

50. **Recycle** (waves only) The ends of an ocean wave cross fold as the centers of the wave fold in behind the ends and follow them around to face in as two facing couples.

Basics not in 50

1. **Do Paso** Turn partner left half, corner right half, partner left to courtesy turn or follow the next call.
2. **Walk all around the Left Hand Lady** With corners, walk around each other, keeping right shoulders adjacent, dancers return to face their partner.
See Saw Your Pretty Little Taw Dancers walk around partner keeping left shoulders adjacent, then steps forward to face the corner.
3. **Allemande Thar** Allemande Thar Star may be formed after any left arm turn, forming a right hand box star and backing up. Each outside dancer holds a left forearm of a center dancer and walks forward. Standard application: Men form a RH back up star, ladies left forearm, men backing up, ladies moving forward on outside.
4. **Shoot the Star** From an Allemande Thar, each dancer turns arm hold $\frac{1}{2}$ (180°) or full (360°) as directed. If not directed, the arm turn is half.
5. **Slip the Clutch** From an Allemande Thar, center dancers stop, retain the star, release arm holds with outside dancers and everyone moves forward to the next dancer and follows the next call.

Remaining Mainstream Calls Not on 50

1. **Cloverleaf** Lead dancers separate and move away from each other in a three quarter (270°) circle. Trailing dancer follows the lead dancer in front of him and ends directly behind that same dancer. When each lead dancer meets another lead dancer from the other side of the square, they hold hands and become partners, stepping forward to the center of the set.
2. **Turn Thru** Right arm turn half, release and step forward to end back to back.
3. **Eight Chain Thru** Facing dancers join right hands and pull by (this completes an eight chain one). The center facing dancers join left hands and pull by while the outside dancers do a courtesy turn (this completes an eight chain two). Repeat these actions in sequence to achieve eight chain three, eight chain four, etc. Eight chain thru is 8 hands unless otherwise designated. Even numbers (2, 4, 6, 8) end in an eight chain thru formation. Odd numbers (1, 3, 5, 7) end in a trade by formation.
4. **Pass To The Center** All pass thru. The dancers now on the outside partner trade. Ends in double pass thru formation. Equals a **Dive Thru**.
5. **Spin the Top** From ocean waves, turn one half. New center dancers turn $\frac{3}{4}$ while outside dancers move forward in a quarter circle to meet the same center dancer to form an ocean wave.
6. **Walk and Dodge** From box circulate formation, dancers facing into the box walks forward to take the place of the dancer who was directly in front of him.

Meanwhile, each dancer facing out of the box steps sideways (dodges) into the position vacated by the "walker". Dancers end side by side, both facing out. Dancers always face the same direction. If walk and dodge is called from facing couples, the caller must designate who is to walk and who is to dodge (e.g., "men walk, ladies dodge"), ending in a box circulate formation.

7. **Dixie Style to a Wave** Facing Couples: The right hand dancer joins right hands with right hand dancer across and pull by, then extends a left hand and touches to a left hand mini wave and does a left hinge. New center dancers connect right hands and form a left hand ocean wave. Standard application, men left hinge with lady to join right hands in center holding left hands with ladies on ends.
8. **Spin Chain Thru** From parallel ocean waves, end dancer and adjacent center dancer turn $\frac{1}{2}$. New centers turn $\frac{3}{4}$ to make a new ocean wave across the set. The two centers of this wave turn $\frac{1}{2}$. The two outside dancers of the center wave turn $\frac{3}{4}$, to join the waiting ends to form parallel ocean waves.

Square dance movement definitions:

<http://noriks.tripod.com/ENGLISH/English-Index3.html>

Square Dance animations - Taminations

<http://www.tamtwirlers.org/tamination/info/>

This is a short description of calls compiled by Tom Crisp

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