

CTM Mainstream Square Dance List

Approved by CALLERLAB to bring dancers into Mainstream club dancing. The few remaining Mainstream calls will be shown later at dances. Tom Crisp, Square Dance Caller 520-419-6090

Circle Left/Right – palms up for the men, down for the ladies

Forward & Back – 4 counts up, 4 counts back

Promenade – Rights above lefts, palms up for men

Wheel Around – Couples, Boy backs up girl goes forward

Dosado – Right shoulder pass, slide right, back up

Star Left/Right – 4 dancers, hands shoulder high

Swing – Right hips together, wait on right feet

Allemande Left/Arm Turns – Forearm turns

Right & Left Grand/Weave the Ring – start with right hand, alternate 5 hands around square. Weave – no hands

Ladies Chain – Facing couples, girls right pull by, left to boy, he backs up with girl on right. Ends facing couples

Rollaway – Girls rolls left in front of boy to the other side

Lead Right/Left – As couples, face the couple on right/left

Bend the Line – As couples, face the couple in your line

Pass Thru – pass right shoulders with the facing person, ends back to back

Trades – As couples, each dancer passes right shoulders with partner to face opposite wall

Ladies in Men Sashay – In a circle with partner, ladies step forward, as men slide left to the other side of partner

Half Sashay – dancer on right, slides left in front as left dancer. Left dancer slides right behind to exchange places

Slide Thru – Facing couples, pass right shoulders, men turn $\frac{1}{4}$ right, ladies turn $\frac{1}{4}$ left – ends with new partner side by side

Double Pass Thru – Pass thru twice

U-Turn Back – turn around in place towards partner

Right & Left Thru – Facing couples, right pull by, man gives left hand in front of lady with palms up, down for ladies. As couples, men back up as lady move forward to face opposite wall.

Cloverleaf – lead dancers circle away from each other in a $\frac{3}{4}$ loop to join another dancer.

Grand Square – From a static square, head couples move forward to face in 4 counts, back up in 4 counts, face in and back up in 4 counts, face in and move forward in 4 counts to home. Without turning, reverse the path in another 16 counts to home. Sides face to start action by backing up.

Swing Thru – From ocean waves, those who can, turn $\frac{1}{2}$ by the right, then those who can, turn $\frac{1}{2}$ by the left. Facing couples will step to an ocean wave then start the action.

Alamo Style - From ocean waves around the set, those who can, turn $\frac{1}{2}$ by the right, then those who can, turn $\frac{1}{2}$ by the left.

Run – designated dancer will run right or left around adjacent dancer to face opposite wall. The other dancer will slide over to take the position of the runner

Trade By – From a box formation, couples will pass thru. Those facing out will Partner Trade while those coming into the center will pass thru to a box formation.

Circulates – dancers will move forward to the next position in the formation.

Chain Down the Line – girls in the center of the formation will trade and boys will curtesy turn her to face as couples

Square Thru – facing couples, each dancer will give a right and pull by, face in and give a left and pull by, face in and give a right pull by, face in and give a left pull by. There is no turning on the last hand pull by.

Wheel & Deal – Couples facing out in a line, wheel as couples to face in. Couple on right wheels in first as the couple on the left falls in behind. From a two faced line, couples wheel in to face each other.

Zoom – Couples in tandem, lead dancers move in a full circle, turning away to end up in the spot of the trailing dancer.

Touch $\frac{1}{4}$ - Facing dancers, touch rights and turn $\frac{1}{4}$ quarter

Hinge – with hands connected, dancers turn $\frac{1}{4}$

Scoot Back – from ocean waves, in facing dancers turn half right to return to adjacent dancers spot while out facing dancer runs into the vacated spot.

Ferris Wheel – From a two faced line, couples step forward. The outfacing couples Wheel & Deal while the in facing couples form a momentary Two-Faced Line and Wheel And Deal.

Pass to the Center – From a box, dancers pass thru, the dances facing out Partner Trade.

Centers In – From a completed pass thru, the outside dancers step away from each other while the center dancers step forward to end between them.

Cast Off $\frac{3}{4}$ - From a Mini-Wave, the pivot point is the handhold between the two dancers. Turn $\frac{3}{4}$ around the pivot point. From a Line of 4, the pivot point is the End of the line. Each half of the line works as a unit and turns away from the center of the line for $\frac{3}{4}$ of a circle.

Pass the Ocean – Facing couples, pass thru, face partner and step to a wave

Extend – dancers in the center wave will step forward to the couple they are facing and form an ocean wave.

Fold - Directed dancers step forward and move in a small semi-circle to end facing toward the adjacent dancer.

Cross Fold - Two directed dancers (both must be either centers or ends) fold toward the farthest inactive dancer, walking in a semi-circle to end facing toward that same dancer.

Recycle – From ocean waves, ends Cross Fold as the centers Fold in behind and follow them around to face in as facing couples.

Sweep a Quarter – Facing couples in a circling movement, dancers continue the circling movement one quarter in the direction of their body flow

Flutter Wheel - The right-hand dancers go in to the center and turn right forearm. As they move adjacent to the opposite dancer, they take the opposite dancer to the original right hand dancer's starting position.

Revers Flutter Wheel - same as Flutterwheel, except reverse the words "right" and "left"

Tag the Line – From lines, dancers turn to face the center of each line, walk forward passing right shoulders until they have walked past all of the dancers.

Half Tag - Same as Tag the Line, but dancers only go half way.