

## PLUS PROGRAM DEFINITIONS – Standard applications for new dancers, not DBD

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**DBD Plus Definitions** - <http://www.callerlab.org/Dance-Programs> (click on Plus Definitions – then Download)

**Taminations** – This is a free app. A must for all dances. Animations from Mainstream to Challenge with definitions. <https://taminations.soft112.com/>

**Video Square Dance Lessons** – Mainstream to Plus. <https://videosquaredancelessons.com/lessons/>

**Plus Square Dance** with Jerry Story - <https://www.youtube.com/watch?v=aZfHTzRoAYg>

**ACEY DEUCEY** - Starting formation - Parallel Waves, Two-Faced Lines or any formation where: Center 4 Trade while Ends Circulate.

**ALL 8 SPIN THE TOP** - Starting formation - Right & Left Grand Circle. Example: Arm Turn 1/2 with partner. Girls in the center Star 3/4, while the Boys move forward 1/4 around the perimeter to join hands with partner again. **Spin the top** again: Turn 1/2 and the Boys star 3/4 as the Girls move up 1/4 on the outside perimeter to meet the same person.

**(ANYTHING) & ROLL** - Starting formation – Various. The term “& Roll” can be added to any call, where a dancer can turn the right or left, in place, 1/4 more in the direction of body flow determined by the preceding command.

**(ANYTHING) & SPREAD** - If the (Anything) call finishes in tandem couples (e.g., Wheel & Deal from a line of four), the lead dancers slide apart sideways, while the trailing dancers step forward between them. From ocean waves, centers slide apart, while ends side together. Left-handed waves forms right-handed waves and vice versa.

**CHASE RIGHT** - Starting formation - Two Couples Back-to-Back with boy on left and girl on right. The Girls do an exaggerated Zoom action, moving into the position previously occupied by the Girls behind her, to finish facing in, the same direction as when she started the Zoom action. The Boy follows ("Chases") the Girl by doing a Box Circulate two positions to end up facing out.

**COORDINATE** - Starting formation – Right-hand columns. Example set-up: Couples facing in lines with boy on left and girl on right. All Touch 1/4. This gives right hand columns with a boy on end looking in, girl on end looking out. Description: All Circulate once and a half. The center six (three adjacent pairs) Trade. The very center two Boys release handholds and walk diagonally outward without turning, while the two lonesome Boys walk ahead, moving in a quarter circle. From right-hand Columns, Coordinate ends in right-handed Two-Faced Lines.

**CROSSFIRE** - Starting formation – Right-handed Two-faced line, ladies in the center, boys on the ends. The ladies Trade and extend as the Boys Cross Fold and join right hands with the ladies and form right hand columns.

**CUT THE DIAMOND** - Starting Formation – Right-hand Diamond. The ladies in centers of the diamond do a Diamond Circulate to the next position in the diamond, while the Boys on the points slide together and Trade. Ends in a two-faced line with Boys in the middle, Girls on the ends. (From facing diamonds, ends in ocean waves.)

**DIXIE GRAND** - Starting formation - Dixie Grand Circle or Double Pass Thru. Those who can start the call by joining right hands with the facing dancer and pulling by. Each dancer moves ahead and gives a left hand to the next, pulling by, and a right hand to the next, pulling by.

**EXPLODE THE WAVE** - Starting formation - Example: Right-hand Ocean wave with Boys on end, Girls in the center. All release hands, steps forward, Boys turn 1/4 right to face in to the adjacent Girl and right hand pull by. Girls turn 1/4 left to face in to adjacent Boy and right hand pull by. Ends as couples holding inside hands back-to-back with Boy on right, Girl on right.

**EXPLODE AND (Anything)** - Starting formation - Example: Right-hand Ocean wave with Boys on end, Girls in the center. All release hands, steps forward. Boys turn 1/4 right to face in the adjacent Girl and do the (Anything) call. Girls turn 1/4 left to face in to adjacent Boy and do the (Anything) call. (e.g., Right & Left Thru, Star Thru, etc.).

**FAN THE TOP** - Starting formation - ocean wave. The centers of the wave turn 3/4, while the outside dancers move forward in a quarter circle. The ending formation is at right angles to the starting formation. Centers remain centers and ends remain ends.

**FLIP THE DIAMOND** - Starting formation - Right-hand Diamond. Example: The ladies in centers of the diamond do a Diamond Circulate to the next position in the diamond, while the Boys on the points Run ("Flip" 180 degrees) into the nearest center joining left hands forming right handed wave. Facing diamonds ends in two-faced lines.

**FOLLOW YOUR NEIGHBOR** - Starting formation – Right-hand Ocean Waves with Boys facing in. Boys Extend and right Arm Turn 3/4, Girls move forward turning to the right in a tight 3/4 circle toward their partner to finish as ends of a left hand ocean wave.

**FOLLOW YOUR NEIGHBOR AND SPREAD** – Same as above, the Boys slide apart to become ends as the Girls slide together to become centers (Spread) of a right-handed wave.

**GRAND SWING THRU** – Starting formation – Tidal waves. Those who can turn 1/2 right then those who can then turn 1/2 left.

**LINEAR CYCLE** - Starting formation – Right Handed Ocean Waves, Boys on ends, Girls in center. Part 1. Hinge. Part 2. Girls facing out fold behind Boys facing in. Part 3. Double Pass Thru. Part 4. Peel right to end as facing couples. (Dancers repeat: Hinge, Fold, Pass & Peel, big deal.)

**LOAD THE BOAT** - Starting formation - Lines of four. The end dancers move forward around the outside, passing right shoulders 3 times and turn 1/4 in, facing the center of the set as a couple. Simultaneously, the center four dancers Pass Thru, turn their backs to their momentary partners, Partner Trade with their new partners, and Pass Thru. Ends in a box formation.

**PEEL OFF** - Starting formation - Tandem Couples. Lead dancers walk in an approximate semicircle, away from the center to become the ends of a four-dancer line. Trailing dancers step forward to become centers of the line and U Turn Back, turning away from the center.

**PEEL THE TOP** - Starting formation - box circulate. The lead dancers Peel Off as the trailing dancers step straight forward and take adjacent hands; everyone then does a Fan the Top.

**PING PONG CIRCULATE** - Starting formation - Quarter Tag. Dancers Pass Thru with a facing dancer. Those coming into the center, steps to an ocean wave. Those facing out do a partner trade to join hands in couple handhold. Ends in a Quarter Tag.

**RELAY THE DEUCEY** - Starting formation - Parallel Ocean Waves, Girls in Center and Boys on Ends. Dancer turn right 1/2. The centers Boys turn left 3/4, while Girls half-circulate, forming a six-person wave and two lonesome Girls. The wave of six, working as 3 pairs, does a Grand Swing Thru, while the end Boy 1/2 Circulates off the wave and the other lonesome Girl half-circulate to a wave of six. The wave of 6, turns right 1/2, while

the Boys half-circulate. The center Girls turn left 3/4, while the outside Boys move forward to become the ends of a right handed ocean wave.

**SINGLE CIRCLE TO A WAVE** - Starting formation - Facing dancers. Dancers join both hands and Circle Left halfway. They drop hands and individually Veer Left to a right-hand mini-wave.

**SPIN CHAIN & EXCHANGE THE GEARS** - Starting formation – Parallel Ocean Waves, Girl in center, Boys on ends. Dancers turn 1/2. Boys turn 3/4 forming a wave down the center, the center boys Trade as the Girls do a U Turn Back to form a Left Handed Star. The Star turns it 3/4. Each facing out Girl leads the following dancers in a star 3/4 then along a circular path passing right shoulders around the outside of the other star (the “exchange”). When lead Girl has gone 3/4 around to the far side of the square, she Flips In to join left hands and become centers of a wave while the Boys move forward become ends of a right-handed wave.

**SPIN CHAIN THE GEARS** - Starting formation – Parallel Ocean Waves, Girl in center, Boys on ends. Dancers turn 1/2. Boys turn 3/4 forming a wave down the center, the center boys Trade as the Girls do a U turn Back to form a Left Handed Star. The Star turns 3/4. Very center Girls Trade reforming the wave across the set. The two End Girls turn left 3/4 as the Boys turn back (turning left away from the center). Ends in right hand Parallel Ocean Waves.

**TEACUP CHAIN** - Starting formation - Static Square. (Hints: The ladies will visit each position CCW around the square starting with their corner. Everyone starts with a right arm. Ladies at the Head position going into the center with a right hand, star right 3/4. Ladies at the Head position going into the center with their left hand will star left one full turn and a 1/4. Ladies at the side position will move to the right around the perimeter of the square to their new corner.)

Description: The Head ladies move to the center and Star Right 3/4 to meet their corners for a Left Arm Turn. At the same time, the Side ladies move to the right around the perimeter of the square to their corners and do a Right Arm Turn.

The ladies now at the Head position move to the center and Star Left once and a quarter while the ladies at the Side position move around the perimeter of the square to their new corners for a Right Arm Turn.

The ladies at the Head position go to the center and Star Left once and a quarter to meet their new corners for a Right Arm Turn. The ladies at the Side position move around the perimeter of the square to their new corners for a Right Arm Turn.

Finally, the ladies at the Head position move to the center and Star Right 3/4 to meet their original partners as the ladies at the Side position move to their original partners around the perimeter of the square. The call finishes with for either a Courtesy Turn or a Left Arm Turn with their original partner.

**TRACK II** - Starting formation - Completed Double Pass Thru. Example with Boys on left, Girls on Right. The dancers work in "tandem", that is, the trailing dancers follow the lead dancers. The ladies move single file to the left, counter-clockwise, passing left shoulders, staying to the inside of the dancers. Men move single file, clockwise, to the right around the outside. The movement continues single file, until the dancers reach parallel right-hand ocean waves, men on ends, ladies in the center. Caution: Be careful not to pass the oceanwave.

**TRADE THE WAVE** - Starting formation - Any four-dancer ocean wave. Dancers facing the same direction in the wave Trade with each other. Right-hand waves become left-hand waves and vice versa. Ends of the wave become centers and vice versa.

**THREE QUARTER TAG THE LINE** – Now a Mainstream call. Example: Starting formation - Two-Faced Line. Each dancer turns 1/4 in place to face the center of the line. Dancers walks forward passing right shoulders. Trailing dancers stop to form a Right-Hand wave. Lead dancers end facing out holding inside hands facing out.