

CALLERLAB (NEW) MAINSTREAM SUGGESTED TEACHING ORDER

Effective September 1, 2026

1. Circle Family a. Circle Left/Right (1/4, 1/2, 3/4, Full) b. Circle of 4 Left/Right (1/4, 1/2, 3/4, Full) c. Single Circle Left/Right (1/4, 1/2, 3/4, Full) 2. Dosado 3. Promenade Family a. Couples Promenade b. <i>Single File Promenade</i> c. <i>Star Promenade</i> d. <i>Wrong Way Promenade</i> 4. Arm Turn Family a. Right/Left Arm Turn b. Allemande Left/Right 5. Star Right/Left 6. Right and Left Grand Family a. Right and Left Grand b. <i>Weave the Ring</i> c. <i>Wrong Way Grand</i> 7. Pass Thru 8. Wheel Around / <i>Reverse Wheel Around</i> 9. Courtesy Turn 10. Right and Left Thru 11. Swing 12. Ladies Chain Family a. Ladies Chain, (<i>Ladies Chain 3/4</i>) b. Four Ladies Chain, (<i>Chain 3/4</i>) c. <i>Chain Down the Line</i> 13. Half Sashay Family a. <i>Half Sashay</i> b. <i>Rollaway</i> c. Ladies In, Men Sashay 14. Turn Back Family a. U-Turn Back b. Backtrack 15. Separate Family a. <i>Separate</i> b. Separate Around 1 or 2 to a Line c. <i>Separate Around 1 or 2 into the middle</i> 16. Lead Right / Lead Left 17. Veer Left / Veer Right 18. Star Thru 19. Circulate Family a. Couples Circulate b. (Named Dancers) Circulate c. <i>All Eight Circulate</i> d. <i>Single File (Column) Circulate</i> e. <i>Box/Split Circulate</i> 20. Bend the Line	21. Square Thru / <i>Left Square Thru</i> 22. Split Two 23. Grand Square 24. Double Pass Thru 25. First Couple Go Left/Right, Next Couple Go Right/Left 26. Wheel and Deal 27. California Twirl 28. Slide Thru 29. Dive Thru 30. Box the Gnat 31. Ocean Wave Family a. Alamo Style b. Balance c. Step to a Wave d. <i>Dosado to a Wave</i> e. <i>Single Circle to a Wave</i> 32. Trade Family a. Couples Trade b. (Named Dancers) Trade c. Right/Left Hand Trade d. Partner Trade 33. Swing Thru / <i>Left Swing Thru</i> 34. Run / <i>Cross Run</i> 35. Pass the Ocean 36. Extend 37. Flutterwheel / Reverse Flutterwheel 38. Sweep a Quarter 39. Trade By 40. Ferris Wheel 41. Zoom 42. Touch a Quarter 43. Hinge Family a. Single Hinge b. Couples Hinge 44. Centers In 45. Cast Off Three-Quarters 46. Spin the Top 47. Scoot Back 48. Fold / Cross Fold 49. Tag the Line Family a. Tag the Line (In / Out / Left / Right) b. Fraction (1/4, 1/2, 3/4) Tag 50. Recycle (from Waves only) It is suggested that calls in italics be delayed until later in the teaching sequence. See details in the <i>(New) Mainstream Playbook</i>.
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It is recommended that the Mainstream Program should be taught in no less than 30 hours of instruction (15 two-hour classes or 20 ninety-minute classes).