

MOVEMENT	LESSON	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	REMARKS	
57. Spin The Top																							
58. Centers In																							
59. Cast Off 3/4																							
60. Walk & Dodge																							
61. Slide Thru																							
62. Fold/ <i>Cross Fold</i>																							
63. Dixie Style To An Ocean Wave																							
64. Spin Chain Thru																							
65. Tag The Line (In/Out/Left/Right)																							
66. Half Tag																							
67. Scoot Back																							
68. Single Hinge/Couples Hinge																							
69. Recycle (from Waves Only)																							

SUGGESTIONS FOR USE OF CHECK OFF LIST:

Put an X in the box corresponding to the movement and the night it was introduced.

Put an X in the box corresponding to the movement and the night it was next called and work shopped.

Put a / in the boxes when the movement is danced without difficulty and there after to keep track of calling the movement

NOTE: *Movements in italic may be deferred until later in the teaching order.*

*Suggested Teaching Order

CALLERLAB recommends that the BASIC & MAINSTREAM Programs, calls 1-69, be taught in not less than 58 hours. We are currently working on a recommended teach time for just the BASIC program. CALLERLAB also recommends that calls be taught from more than a single position (formation and arrangement) and that styling and timing be included as part of the teaching program. Calls in *italics* may be deferred until later in the teaching sequence.

NOTE TO DANCE PROGRAMMERS

There is NO program called the Mainstream/Plus Program. No dancer is required to know Plus calls to attend a Mainstream open dance. Please advertise dance programs as Basic, Mainstream or Plus, NOT Mainstream/Plus.

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