

## MENTAL IMAGE - CALLERLAB - 4/3/2012 - NASHVILLE, TN.

1. MENTAL IMAGE IS A METHOD OF CHOREOGRAPHY MANAGEMENT FOR SQUARE DANCE CALLERS. THIS IS WHERE THE CALLER "MENTALLY" FOLLOWS ONE PRE-DETERMINED PERSON THROUGH THE DANCE PATTERNS IN HIS/HER MIND, AND HE/SHE KNOWS THE PERSON BESIDE THEM AT ALL TIMES AND HOW TO GET THEM TO THE DESIRED END RESULT.  
I PERSONALLY FOLLOW THE NUMBER ONE MAN IN THE SQUARE. MOST OF THE CALLERS I KNOW THAT HAVE USED THIS SYSTEM FOLLOW THE NUMBER ONE MAN. I HAVE TALKED TO A COUPLE OF LADY CALLERS THAT USE THE NUMBER ONE LADY.
2. THE SYSTEM I LEARNED TO CALL WITH WAS BASED ON THE BOOK "THE FUNDAMENTALS OF HASH CALLING" BY DR. JAY KING. DR. KING PASSED AWAY. THIS BOOK IS STILL AVAILABLE FROM PALOMINO RECORDS AND WAS REVISED BY MR. GENE TRIMMER. IT IS CALLED " THE FUNDAMENTALS OF CALLING". DON BECK HAS A BOOK CALLED "OUT OF SIGHT" WHICH CARRIES THIS FORM OF MANAGEMENT FURTHER.
3. TO ME, THE BIG PLUS FOR THIS SYSTEM IS, YOU CAN PRACTICE WITHOUT DANCERS. I PUT DOWN MARKERS TO REPRESENT THE OTHER SEVEN PEOPLE IN THE SQUARE AND THEN I DANCED THE NUMBER ONE MAN'S POSITION. THE REASON FOR THE MARKERS IS SO I WOULD NOT SHORTCUT.
4. THIS IS AN IDEAL SYSTEM FOR NEW CALLERS, AND IT CAN HELP THE MOST EXPERIENCED CALLER. I WOULD PLAY MY MUSIC, CALL SOMETHING, DANCE THE FIGURE, WORK ON MIKE TECHNIQUE AND VOLUME CONTROL USAGE, AND MENTALLY KEEP TRACK OF WHO WAS BESIDE ME AND WHAT I HAD TO DO TO GET TO THE CORNER, ALL AT THE SAME TIME. BY LEARNING THIS SYSTEM, YOU WILL MENTALLY KNOW WHERE YOUR DANCERS ARE AFTER EACH CALL AND WHICH WAY THEY ARE MOVING TO HELP YOU WITH SMOOTH BODY FLOW.  
THE BOOK ALSO RECOMMENDS YOU DRAW DIAGRAMS TO SEE WHAT THE CALL DOES. IT IS SUGGESTED YOU WORK WITH THESE DIAGRAMS 15 – 30 MINUTES A DAY. ( SHOW DIAGRAM )

THE REASON FOR THE DIAGRAMS INSTEAD OF "DOLLS" IS SO YOU CAN LOOK BACK AND SEE WHAT YOU DID PREVIOUSLY. I ALSO THINK YOU WILL LEARN BETTER BY DRAWING THE DIAGRAMS.

I PERSONALLY DID THE DIAGRAMS WHEN I COULD , BUT I PRACTICED APPROXIMATELY 2 HOURS EVERY DAY, MORE ON WEEKENDS, WHEN I STARTED LEARNING TO CALL.

5. WE COULD PICK ANY TWO COUPLES, BUT I WILL PICK THE HEAD COUPLES FOR MY DEMONSTRATION. ( GET TWO COUPLES UP ) .

6. YOU CAN CALL ANYTHING THAT WILL WORK FORM HERE, AND AS LONG AS THE HEADS ARE MOVING " NORTH & SOUTH" ( JUST MY DESIGNATION ) THEY WILL HAVE THE SAME PERSON BESIDE THEM IF YOU HAVE DONE REGULAR MOVEMENTS. THESE ARE CALLED "O" MOVEMENTS. ( SHOW EXAMPLE OF "O" MOVEMENTS ).
  7. IF WE CALL "O" MOVEMENTS AND WE CHANGE DIRECTIONS AND ARE MOVING EAST & WEST, WE WILL HAVE OUR OPPOSITE BESIDE US
  8. IF WE START FROM HOME AND CALL A MOVE THAT LEAVES US MOVING EAST & WEST, BUT WE STILL HAVE OUR PARTNER BESIDE US, THIS IS CALLED AN "X" FIGURE. YOU WILL LEARN WHAT IS AN "X" AND WHAT ARE THE "O" FIGURES. DON WILL HAVE A LIST FOR YOU THAT WILL HELP. ( SHOW EXAMPLE ). IF YOU CALL AN "X" FIGURE, YOU CAN CALL ANOTHER "X" FIGURE AND YOU WILL BE BACK TO NORMAL. ( SHOW EXAMPLE )
  9. IF WE START FROM HOME AND SQUARE THRU FOUR, WE WILL BE MOVING EAST & WEST AND WE WILL HAVE OUR OPPOSITE BESIDE US, THEREFORE THIS WAS AND "O" FIGURE.
  10. NOW I HAVE TWO COUPLES FACING, JUST LIKE THE HEADS WERE FACING WHEN WE WERE HOME. ALL THE SAME RULES APPLY ( SHOW EXAMPLE )
  11. WE HAVE THREE ALLEMANDE POSITIONS. SEE DIAGRAM.
- 
12. I REMEMBER THESE FROM MY RIGHT TO MY LEFT, ALLEMANDE POSITIONS ONE, TWO, THREE, & FOUR. NOT CONSIDERING ANY "X" FIGURES, TO GET TO THE NUMBER ONE ALLEMANDE POSITION, THE NUMBER ONE MAN MUST START WITH THE NUMBER THREE LADY AND ALL THE MEN ARE HOME WITH THEIR OPPOSITE LADY. THEN I CAN HAVE HEADS STAR THRU, PASS THRU, SLIDE THRU TWICE, AND THIS IS ALLEMANDE POSITION ONE. STARTING FROM HOME, IF I WANT TO GO TO THE NUMBER TWO ALLEMANDE POSITION, THE NUMBER ONE MAN MUST START WITH THE # 4 LADY AND ALL THE MEN ARE HOME WITH THEIR ORIGINAL CORNER AS A PARTNER. HEADS STAR THRU, PASS THRU, R & L THRU, PASS THRU. THIS IS ALLEMANDE POSITION TWO. IF WE START AT HOME AND WANT TO GET TO THE ALLEMANDE POSITION THREE, EVERY MAN MUST BE AT HOME WITH ORIGINAL PARTNER. HAVE HEADS PROMENADE  $\frac{1}{2}$ , STAR THRU, PASS THRU. THIS IS ALLEMANDE POSITION THREE. TO GET TO ALLEMANDE POSITION FOUR, THE NUMBER ONE MAN MUST START WITH THE NUMBER TWO LADY AND ALL THE MEN MUST BE HOME WITH THEIR ORIGINAL RIGHT HAND LADY. HAVE HEADS SQUARE THRU FOUR, PASS THRU. THIS IS ALLEMANDE POSITION FOUR.
  13. YOU CAN DO ALL OF THE ABOVE BEGINNING WITH THE SIDES, BUT YOU CAN USE THE SAME THOUGHT PROCESS YOU USED BEFORE FOR THE HEADS. WHEN YOU CAN USE THE ABOVE COMFORTABLY, ADD A FEW MODULES, AND A LITTLE MEMORY, MAYBE A LITTLE SIGHT, AND A TON OF ENTHUSIASM, YOU CAN CALL A GREAT DANCE AND MAKE MANY DANCERS SMILE !!!