

The Essential Calls Teaching Program
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Essential Calls

Session 1

Circle Left/Right
Single File Promenade
Couple Promenade
Wheel Around
Reverse Promenade
Bow to the Partner/Corner
Dosado
Forward & Back
Star Left/Right
Star Promenade
Swing
Allemande Left
Arm Turns
Right and Left Grand/Weave the Ring

Session 2

Pass Thru
U Turn Back
Backtrack (single file)
Separate
Around two
Around one
Come Down the Middle
Split Two
Courtesy Turn
Two Ladies Chain
Four Ladies Chain
Ladies Chain 3/4
Lead Right/Left
Star Routes/heads start in Middle

Session 3

Veer Left/Right
Bend the Line
Slide Thru
Right & Left Thru
Grand Square

Session 4

Half Sashay
Around (x) to a Line
Double Pass Thru
1st L/R, Next R/L
Cloverleaf

Session 5

Trade
(Boys, Girls, Centers, Ends, by the Right/Left,
Couples, Partner)
Step to a Wave
Balance
Run

Session 6

Hinge/Couples Hinge
Circulate (Box, Couple, Boys, Girls, Centers, Ends,
and All 8)
Chain Down the Line

Session 7

Wheel & Deal (two-faced line)
Trade By
Touch 1/4
Column Circulate

Session 8

Square Thru/(x) Hands
Left Dosado
Wheel & Deal (out facing line)

Session 9

Swing Thru
Fold
Left Square Thru/(x) Hands
Left Touch 1/4

Session 10

Dixie Style to a Wave
Cross Run
Extend
Split Circulate

Session 11

Ferris Wheel
Scoot Back
Pass to the Center

Session 12

Pass the Ocean
 Left Swing Thru
 Sweep 1/4

Session 13

Zoom
 Centers In
 Recycle (waves only)

Session 14

Cast Off 3/4
 Tag the Line
 1/2 Tag

Session 15**Session 20**

(Review All Calls)

This teaching order will assist new dancer groups that utilize MS as the destination entry point. Introducing MS and Basic calls together provides maximum floor time for more difficult calls to increase dancer proficiency. The calls listed beforehand are essential elements of our current dance activity. The remaining calls can be included or deferred for a later dance or workshop. These sessions fit a standard two-hour format meeting once a week. The content is flexible depending on the skill of the group and can be adapted for different teach methods. To provide more practice, additional sessions may be necessary. Preparation for teaching is vital for dancer success. Styling, history, dance ethics, and protocol are essential elements to introduce. Singing calls should be introduced early reinforcing proper timing and skills. Have FUN!

Spin the Top
 Ladies In, Men Sashay

Session 16

Circle to a Line
 Flutterwheel

Session 17

Walk & Dodge
 Spin Chain Thru

Session 18

Reverse Flutterwheel
 Rollaway

Session 19

8 Chain Thru/(x) Hands

Remaining MS Calls

Dosado to a Wave
Wrong Way Grand
Do Paso
Star Thru
Walk Around the Corner
See Saw
California Twirl

Dive Thru
Slip the Clutch
Shoot the Star
Box the Gnat
Alamo Style
Turn Thru