

CALLERLAB

PLUS DEFINITIONS



Revised October 29, 2021

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PREFACE

Objective:

The objective of the Plus Program Definitions is to provide clear, concise, simple explanations of the terms and calls used in the Plus Program.

1. Starting Formations

Starting formations are listed for each of the defined calls. They are the most commonly occurring starting formations for the calls in use at the time these definitions were approved, but they are not necessarily the only possible starting formations, given the dynamic nature of the Square Dance Activity.

2. Facing Dancers

Facing dancers, unless otherwise specified, may be any combination of men and women.

3. Couples

Couples, unless otherwise specified, may be any combination of men and women.

4. Passing Rule

Whenever two dancers are walking toward each other and are about to collide, they pass right shoulders and continue.

5. Same Position Rule

Whenever two dancers are walking toward each other and are required to occupy the same position, they join right-hands in a Mini-Wave sharing that position.

6. Facing Couples Rule

Some calls, which normally start from Ocean Waves, can also be done when dancers are in facing couples (for example, All 8 Spin the Top, Grand Swing Thru, Relay the Deucey, Spin Chain the Gears). In this case, the dancers first step into a momentary Right-Hand Ocean Wave and complete the call unless the caller specifically directs a left-hand call (for example, Left Relay the Deucey), in which case the dancers step into a momentary Left-Hand Ocean Wave and complete the call.

The following calls cannot be done from Facing Couples; that is, a Mini-Wave or Ocean Wave (as stated in each call's definition) is required as a starting formation: Explode the Wave, Explode and (anything), Follow Your Neighbor, Ping Pong Circulate, Trade the Wave.

7. Ocean Wave Rule

Some calls that normally start from facing couples (or facing lines) can be done when the dancers are in an ocean wave (or a tidal wave (for example, Load the Boat)). In this case, the dancers have already stepped forward toward each other and are ready to complete the remaining action of the directed call. For the sake of dancer comprehension and teaching purposes, it may be necessary initially to have the dancers back up into facing couples (or facing lines), then step back into the wave (or tidal wave) and complete the call.

8. Regional Styling Differences

CALLERLAB recognizes that regional differences in styling exist.

PLUS PROGRAM DEFINITIONS

ACEY DEUCEY

TIMING: 4

Starting formation: Parallel Waves or Two-Faced Lines

Center 4 Trade while the others Circulate.

Other formations are also acceptable. There must be 4 centers and 4 ends (or outsides). The centers must be able to Trade in adjacent pairs of 2 and the ends (or outsides) must be able to Circulate and not become centers.

ALL 8 SPIN THE TOP

TIMING: 10

Starting formation: Thar Star (stationary or in motion), Wrong Way Thar (stationary or in motion), Right and Left Grand Circle.

If started from a Thar Star or Wrong Way Thar, any motion is stopped, the handholds forming the center star are released, and each center dancer and the adjacent outside dancer Arm Turn one-half (180 degrees). Those now in the middle Star three-quarters (walking forward), while the new outsides move forward one-quarter around the perimeter of the circle to join hands with the same person again in a stationary Thar Star or Wrong Way Thar formation.

If started from a Right and Left Grand Circle, everyone turns by the right halfway (180 degrees) with the dancer they are facing, then completes the call as above (new centers Star left three-quarters, etc.). The ending formation is a stationary Wrong Way Thar.

From a Right and Left Grand Circle, the command All 8 Left Spin The Top has everyone turn by the left halfway with the dancer they are facing and complete the call as above, ending in a stationary Thar Star formation.

STYLING: The initial arm turn one half (180 degrees) is a forearm turn. The star portion is performed using standard star styling utilizing palm star hand positioning. Outside dancers moving forward have hands in natural dance position, ready to assume appropriate position for the next call. Ladies may use skirt work.

(ANYTHING) & ROLL

TIMING: 2

Starting formation: Various

The term "... & Roll" may be added to any call which, by definition, causes one or more dancers to have turning body flow to the right or left as they complete their portion of the call. It is an instruction to those dancer(s) to turn individually, in place, one quarter (90 degrees) more in the direction of body flow determined by the preceding command.

Note that if "... and Roll" is added to a call, which by definition, has some dancers walking in a straight line at the completion of their portion of the call, those dancers will do nothing for the "... and Roll".

STYLING: At the completion of the movement preceding the roll (anything), release all handholds and allow the established momentum to set the direction for the solo turn in place. Arms are returned to natural dance position and ready to assume appropriate position for the next call.

(ANYTHING) & SPREAD

TIMING: 2

Starting formation: Various

This call can be used in three ways:

(1) If only some of the dancers are directed to Spread (for example, from a static square, Heads Star Thru & Spread), they slide apart sideways to become ends, as the inactive dancers step forward between them.

(2) If the (Anything) call finishes in lines or waves (for example, Follow Your Neighbor), the centers anticipate the Spread action by sliding apart sideways to become the new ends, while the original ends anticipate the Spread action by moving into the nearest center position.

(3) If the (Anything) call finishes in tandem couples (for example, Wheel and Deal from a line of four), the lead dancers slide apart sideways, while the trailing dancers step forward between them.

STYLING: All dancers blend into the appropriate hand position and styling designated by the formation resulting at the conclusion of the call (for example, ocean wave styling after the call "Follow Your Neighbor and Spread").

CHASE RIGHT

TIMING: 6

Starting formation: Two Couples Back-to-Back

Each right-hand dancer does an exaggerated Zoom action, moving into the position previously occupied by the right-hand dancer behind him, to finish facing in the same direction as when he started the Zoom action. (The net result is the same as if the right-hand dancer had done a right face U-Turn Back and Box Circulate twice). The left-hand dancer follows ("Chases") the right-hand dancer by doing a Box Circulate two positions. The call finishes in a Box Circulate formation.

STYLING: All dancers have arms in natural dance position. Ladies' skirt work optional. Right hand dancer uses flowing motion rather than an abrupt turn around. When two couples (for example, the heads) do chase right in the center of the square, it is important for those doing the zoom motion to keep the action tight and avoid bumping into the outside dancers. At the same time, those, not involved in the Chase Right, move, if possible and comfortable, away from the center to allow more space for the action.

COORDINATE

TIMING: 8

Starting formation: Columns (at Plus, Columns only)

Circulate. Then 1/2 (Half) Circulate. The center six (three adjacent pairs) Trade. The very center two dancers release handholds and walk diagonally outward without turning, while the two lonesome dancers walk ahead, moving in a quarter circle. From Columns, Coordinate ends in Two-Faced Lines.

STYLING: The center six dancers (three adjacent pairs) use hands up position for trading action. After the very center two dancers release handholds and move forward, all dancers join hands with a couple handhold. No time allowed for skirt work.

CROSSFIRE

TIMING: 6

Starting formation: Two-Faced Line, Parallel Lines of four, Inverted Line(s)

As the centers begin to Trade, the ends Cross Fold. Upon completing their Trade, the centers release hands and step straight forward forming an Ocean Wave or Mini-Wave with the dancers they are facing. If the Trade leaves the original centers facing no one, they step forward and remain facing out.

STYLING: If starting formation is a Two-Faced Line, center dancers use hands up position for trading action and blend into normal Mini-Wave styling. If starting formation is parallel Lines of four that results in centers facing no one, that couple joins hands with a couple handhold.

CUT THE DIAMOND

TIMING: 6

Starting formation: Any Diamond

The centers of the diamond do a Diamond Circulate to the next position in their diamond, while the points slide together and Trade. Ends in a line or wave.

STYLING: From a normal diamond formation, all dancers blend into a couple handhold. If the starting formation is a facing diamond, all dancers blend into hands up position as required for ocean wave basic.

DIAMOND CIRCULATE

TIMING: 3

Starting formation: Any Diamond

Each dancer moves forward to the next position in his diamond, changing his original facing direction one-quarter (90 degrees) toward the center of the diamond. Points become centers, and vice versa. If the call is directed to facing diamonds, all must pass right shoulders.

STYLING: It is important that dancers maintain diamond formation as they move diagonally from one position to the next. Center dancers of diamond blend into hands up position as in ocean wave. Dancers at the points maintain arms in natural dance position. Ladies may utilize skirt work.

DIXIE GRAND

TIMING: 6

Starting formation: Dixie Grand Circle, Double Pass Thru, 1/4 Tag, or any formation where at least two dancers can start.

Those who can, start the call by joining right hands with the facing dancer and pulling by. Each dancer moves ahead around the circle and gives a left hand to the next, pulling by, and a right hand to the next, pulling by. Regardless of the starting formation, as the movement progresses, the formation converts to a circle.

STYLING: Styling is similar to the description for the basic right and left grand. Dancers use handshake hold for alternating pull by movements, releasing hands as dancers pass each other. Skirt work is not recommended.

EXPLODE AND (ANYTHING) (From waves only)
Starting formation: Any 4-dancer Ocean Wave

TIMING: 2 for the Explode portion.

Everyone releases handholds, steps forward and turns a quarter in (90 degrees) to face the adjacent dancer, and does the (Anything) call (for example, Right and Left Thru, Star Thru, etc.).

STYLING: In all "Explode and ..." figures, follow the styling suggestions for each of the "and ..." figures used.

EXPLODE THE WAVE (From waves only)
Starting formation: Any 4-dancer Ocean Wave

TIMING: 6

Everyone releases handholds, steps forward and turns a quarter in (90°) to face the adjacent dancer and right hand pull by that person, to end as Couples Back-to-Back.

STYLING: A handshake hold is used as the dancers right hand pull by. For position orientation, hands are joined in a couple handhold at the completion of the call.

FAN THE TOP
Starting formation: Ocean Wave or Two-Faced Line

TIMING: 4

The centers of the line or wave turn three quarters (270 degrees) 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.

STYLING: Center dancers use hands-up position and styling similar to that of swing thru. End dancers' arms are in natural dance position and hands are ready to assume appropriate position for the next call.

FLIP THE DIAMOND
Starting formation: Any Diamond

TIMING: 3

The centers of the diamond do a Diamond Circulate to the next position in their diamond, while the points Run ("Flip" 180 degrees) into the nearest center position and join hands to become the centers of the forming wave or line. When "flipping" a facing diamond, the points always take the inside path, and the centers always take the outside path.

STYLING: From a normal diamond formation, all dancers blend into hands up position as required for ocean wave basic. If the starting formation is a facing diamond, all dancers blend into a couple handhold.

FOLLOW YOUR NEIGHBOR
Starting formation: Box Circulate, Single 1/4 Tag

TIMING: 6

From a Box Circulate: While the Trailers Extend and Arm Turn 3/4, the Leaders move forward in a tight three-quarter (270 degree) circle toward their partner to finish as ends of an ocean wave. Follow Your Neighbor cannot be fractionalized.

From a Single 1/4 Tag: All dancers do the Trailers part (Extend and Arm Turn 3/4).
From a Right-Hand Box Circulate, Follow Your Neighbor ends in a Left-Hand Wave.
From a Right-Hand Single 1/4 Tag, Follow Your Neighbor ends in a Right-Hand Wave.

STYLING: Those who Arm Turn 3/4 use a forearm grip, blending at the end of the call into the usual handhold for an ocean wave.

GRAND SWING THRU

TIMING: 6

Starting formation: Tidal Wave, Ocean Wave of Six Dancers

Those who can turn by the right one-half (180 degrees), then those who can turn by the left one-half (180 degrees). If "right" is not specified preceding the command to Grand Swing Thru, it is understood to be a right-handed Grand Swing Thru. If Grand Left Swing Thru is required, it must be specifically directed – "Grand Left Swing Thru", in which case, those who can turn by the left one-half (180 degrees), then those who can turn by the right one-half (180 degrees).

STYLING: Styling is specifically the same as described for the basic swing thru.

LINEAR CYCLE (from Waves only for the Plus Program)

TIMING: 8–10

Starting formation: Parallel Ocean Waves or Four (4) Dancer Waves to be either right or left-handed. (For programs other than Plus, allowable formations include any formation in which the end and adjacent center can single or partner hinge. This is a three part call.)

Part 1. The ends and adjacent centers Hinge. Part 2. Those facing out fold behind those facing in and all dancers will then move forward in a Double Pass Thru action. Part 3. If the Hinge is right-handed, peel right; if the hinge is left-handed, peel left to end as facing couples.

From a right-hand hinge, all will pass right shoulders. From a left-hand hinge, all will pass left shoulders.

An added note just for information from beyond the Plus Program – From any inverted lines or some three in one lines, the passing rule shall prevail. (Not applicable in the Plus Program.)

STYLING: Arms in natural dance position. Similar to styling for individual components. Rejoin hands upon completion of move.

LOAD THE BOAT

TIMING: 12

Starting formation: Lines of four, with centers facing in, and the ends of each line facing the same (in or out) direction.

The end dancers move forward around the outside, passing right shoulders with three moving end dancers, and turn one-quarter in (90 degrees) to stand beside the third person passed, 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.

STYLING: The end dancers, while moving on the outside, leave enough room for the center dancers to work comfortably. Arms are held in natural dance position throughout the action, blending into the appropriate hand position for the next call.

PEEL OFF

TIMING: 4

Starting formation: Tandem Couples, Box Circulate, or Z formation

Lead dancers walk in an approximate semicircle, away from the center of the starting formation, to become the ends of a four-dancer line. Trailing dancers step forward as necessary to become centers of the same line and U-Turn Back, turning away from the center of the starting formation. All dancers end in a four-dancer line. Each dancer will have turned half (180 degrees) to end facing the opposite direction from which they started. Peel Off from Tandem Couples ends in a One-Faced Line. Peel Off from Box Circulate or a Z ends in a Two-Faced Line.

Notes: Everyone can Roll after a Peel Off. Dancers move in a smooth, continuous motion that cannot be fractionalized. The center of the ending formation is the same as the center of the starting formation.

Two dancers who form a Tandem and have a center to work away from can Peel Off as if in a box circulate formation (for example, the ends of waves or the points of diamonds). They finish as a couple on a line midway between the original lead and trailing positions.

STYLING: Arms should be held in natural dance position and ready to assume appropriate position for the next call. It is important that lead dancers move slightly forward before starting the "peeling" motion.

PEEL THE TOP

TIMING: 6

Starting formation: Box Circulate or Z Formation

The lead dancers Peel Off as the trailing dancers step straight forward and take adjacent hands; everyone then does a Fan the Top.

STYLING: Lead dancers have arms in natural dance position and adjust hands to appropriate position for next call. It is important that dancers move slightly forward before starting the "peeling" motion. Trailing dancers use hands up position and styling as described in the basic Swing Thru.

PING PONG CIRCULATE

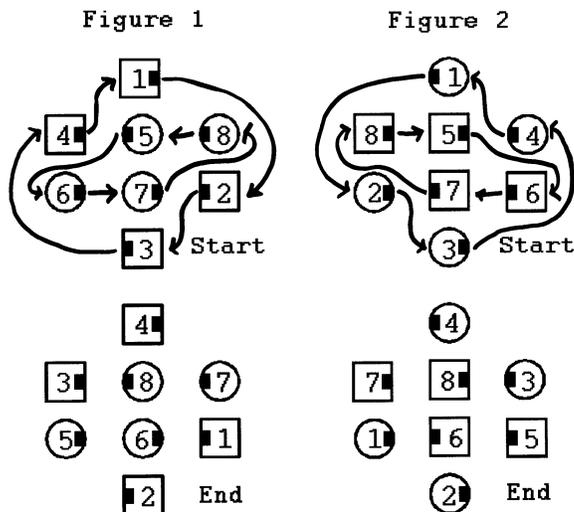
TIMING: 6

Starting formation: 1/4 Tag

The movement starts and ends in a Quarter Tag formation. Each dancer Circulates, or moves forward one position along the path shown in Figure 1. The movement may also be called when there is a Left-Hand Wave in the center. In this case, the path circulated along is as shown in Figure 2.

It should be noted that the Circulate paths are independent of each other. Therefore, it is possible for only those on the outside path (dancers numbered 1, 2, 3, 4 in Figures 1 & 2) to Ping Pong Circulate or only those on the inside path (dancers numbered 5, 6, 7, & 8 in Figures 1 & 2) to Ping Pong Circulate.

Ping Pong Circulate Diagrams:



STYLING: Styling is the same as previously described for the basics pass thru and partner trade. Dancers in center use basic ocean wave styling. Outside dancers join hands in couple handhold.

RELAY THE DEUCEY

TIMING: 20

Starting formation: Parallel Ocean Waves

All Circulates in this definition refer to the Original Circulate path established by the ends of the original ocean waves. No dancer ever stops moving during this call; the pauses written into the definition (that is, the action described as "half-circulate") are there for clarity of description and for teaching purposes only.

Each end and the adjacent center dancer turn one-half (180 degrees). The new centers of each ocean wave turn three-quarters (270 degrees), while the others half-circulate, forming a six-person wave and two lonesome dancers. The wave of six, working as 3 pairs, turns 1/2, while the others half-circulate. In the wave, the center 4 turn 1/2, while the other four dancers half-circulate. The wave of 6, again working as 3 pairs, turns 1/2, while the others half-circulate. Finally, the center 4 of the wave turn 3/4 (becoming the centers of the new waves), while the outside 4 half-circulate to become the ends of the final waves.

STYLING: Basic swing thru styling is utilized for turning movements within the ocean wave formations. Circulating dancers do the circulate action with arms in natural dance position, blending to hands up ocean wave formation at the conclusion of the call.

SINGLE CIRCLE TO A WAVE

TIMING: 4

Starting formation: Facing Dancers

Facing dancers join both hands with each other and Circle Left halfway. Without stopping, they drop hands with each other and individually Veer Left, blending into a Right-Hand Mini-Wave. If the caller directs "Single Circle 3/4 to a Wave", facing dancers join both hands with each other and Circle Left 3/4, then continue to execute the rest of the call as above.

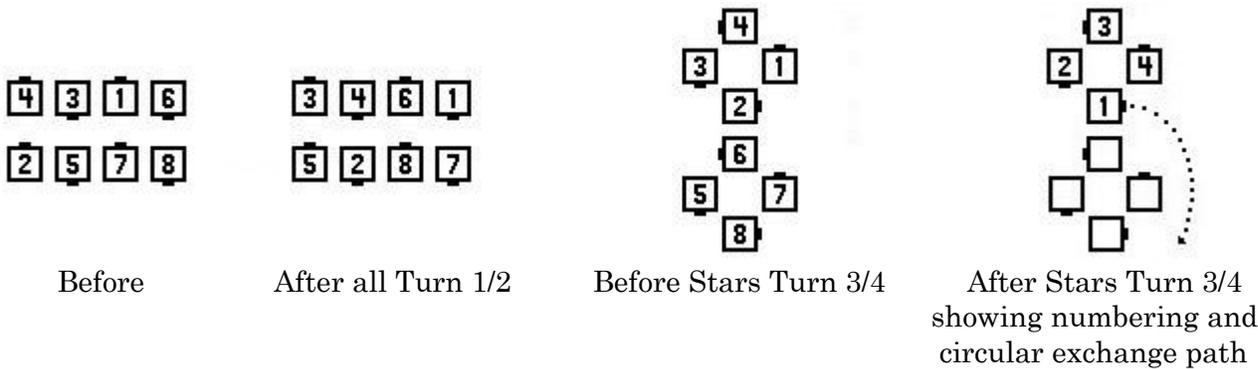
STYLING: In circling, the two dancers are slightly offset to the left so that their dance partner in the circle is more to their right than in front of them. Use smooth dance step, not buzz. When joining hands for circle, gents turn palms up, ladies palms down. Arms are bent comfortably at the elbows. Exert a small amount of pressure while circling. Blend into a hands up ocean wave position.

SPIN CHAIN & EXCHANGE THE GEARS

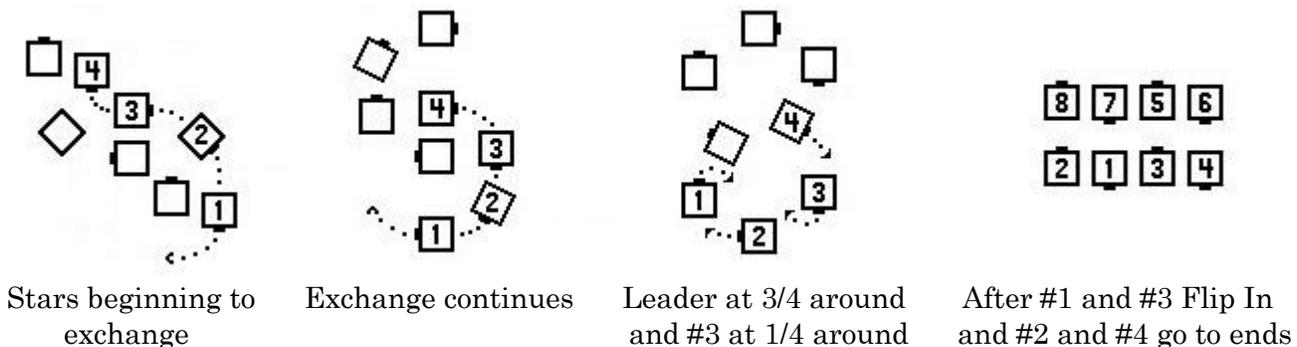
TIMING: 26

Starting formation: Ocean Waves

Each end and adjacent center Turn 1/2. New centers Turn 3/4 to form a center Ocean Wave and the ends Flip In (180 degree inward turn similar to Ends Run). Very Centers Turn 1/2. Each half of the square forms a four-hand Star (a “gear”) and turns it 3/4.



Each Very Center dancer (one is #1 in the diagram) leads those following them in their star (#2, #3 and #4) along a circular path around the outside of the other star (the “exchange”). When #1 has gone 3/4 around and #3 has gone 1/4 around, dancers #1 and #3 Flip In to join hands and become centers of a wave while dancers #2 and #4 continue to move forward along the circular path to join their inside hand with the dancer ahead to become ends of the wave. The call ends in waves with the same handedness and in the same location as the original waves.



STYLING: Ocean wave and star turns use standard styling.

As the Centers Turn 3/4 at the beginning of the call, the other dancers pause slightly and then, as they Flip In, they bring the other hand up to immediately join the forming star.

While turning the Star and exchanging, each group of four dancers are following a smooth S-like path. The exchange and formation of the waves is one continuous action. As each star forms (before turning the star), the dancer who will be leading the exchange usually raises the

outside hand to indicate "follow me". That hand is held up for the star turn and through the exchange, and can be smoothly joined with the inside hand of the following dancer when forming the ending wave.

COMMENTS: The Facing Couples Rule applies to this call.

The $\frac{3}{4}$ fraction to turn the star can be modified by the caller, in which case a different dancer will be #1 and lead the exchange.

SPIN CHAIN THE GEARS

TIMING: 24

Starting formation: Ocean Waves

Each end and the adjacent center Turn $\frac{1}{2}$. New centers Turn $\frac{3}{4}$ to form a center Ocean Wave and the ends Flip In (180 degree inward turn similar to Ends Run). Very Centers Turn $\frac{1}{2}$. Each half of the square forms a four-hand Star (a "gear") and turns it $\frac{3}{4}$. Very Centers Turn $\frac{1}{2}$. Those in the center Ocean Wave Turn $\frac{3}{4}$ while the other four dancers Flip Out (180 degree outward turn similar to Centers Run). The call ends in waves with the same handedness and in the same location as the original waves.

STYLING: Ocean wave and star turns use standard styling.

As the Centers Turn $\frac{3}{4}$ at the beginning of the call, the other dancers pause slightly and then, as they Flip In, they bring the other hand up to immediately join the forming star.

COMMENTS: The Facing Couples Rule applies to this call.

The $\frac{3}{4}$ fraction to turn the star can be modified by the caller, in which case different dancers will be the Very Centers for the Turn $\frac{1}{2}$.

TEACUP CHAIN

TIMING: 32

Starting formation: Static Square, or proceeding from everyone doing a Left Arm Turn with partner.

The caller will specify two ladies to move to the center at the start of the call, for example, "Head ladies center for a Teacup Chain". For the rest of the definition, these two ladies will be called the "specified ladies".

The specified ladies (both Head ladies or both Side ladies) move to the center and Star Right three-quarters to meet their corners for a Left Arm Turn. At the same time, the other two ladies move to the right around the perimeter of the square to their corners, and do a Right Arm Turn.

Following the Arm Turns, the specified ladies move around the perimeter of the square to their new corners for a Right Arm Turn, while the other ladies go to the center and Star Left once and a quarter to meet their new corners for a Right Arm Turn.

The specified ladies then move to the center and Star Left once and a quarter to their new corners for a Right Arm Turn, while the other ladies move to their new corners (around the perimeter of the square) for a Left Arm Turn.

Finally, the specified ladies move to their new corners (their original partners) for either a Courtesy Turn or a Left Arm Turn leading into the next command, while the other ladies move to the center and Star Right three-quarters to meet their new corners (their original partners) for either a Courtesy Turn or a Left Arm Turn leading into the next command. Everyone finishes with his/her original partner.

If the caller desires the men to execute the ladies part and vice versa, as described above, the starting formation is a Static Square with all couples half-sashayed, or proceeding from everyone doing a Left Arm Turn with their partner. The proper call is the "Head/Side Men Center for a Teacup Chain".

STYLING: Center dancers turning in star patterns use hands up styling. All turns with outside dancers are forearm turns. When not leading into another command, a courtesy turn, as previously described, is used at the conclusion of the call. Outside dancers (usually the gents) dance with arms swinging naturally from one forearm turn to the next, being as graceful as possible in a movement that offers little other than pivot movements. Ladies may enhance the styling of this basic through skirt work with outside hand.

TRACK 2

TIMING: 8

Starting formation: Completed Double Pass Thru

The dancers work in "tandem", that is, the trailing dancers follow the lead dancers. Those in the right "track" move single file to the left, counter-clockwise, staying to the inside of the dancers on the left "track", who move single file, clockwise, to the right on the outside. The movement continues as in a Double Pass Thru, until the dancers have reached Parallel Right-Hand Ocean Waves.

STYLING: As dancers are moving simultaneously in opposing directions, it is important for them to provide moving room for one another. Those on the outside must avoid crowding those in the center. All dancers hold arms in natural dance position, blending into a hands-up ocean wave formation at the conclusion of the call.

TRADE THE WAVE

TIMING: 6

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.

STYLING: As in any trade, dancers first step slightly forward to clear the wave before turning toward dancer with whom they are trading. Assume hands up position in basic ocean wave styling.

TRIPLE SCOOT

TIMING: 6

Starting formation: Columns

Dancers facing each other on a diagonal (three pairs) step forward to join adjacent forearms, turn one-half (180 degrees) and step forward to finish in a position vacated by the dancer who was originally adjacent to them in the column. Meanwhile, the #1 dancer in each column Runs into the position vacated by the adjacent #4 dancer who is doing the forearm turn. When done from Right-Hand Columns, the dancers facing in turn by the right. When done from Left-Hand Columns, the dancers facing in turn by the left hand.

HISTORY OF DOCUMENT CHANGES

This document is a revision of the Plus Definitions. Changes have been made as follows:

Change Date	Change Made
	First revision was made to the <i>Plus Definitions</i> dated November 1977.
1982	Removed All Eight Swing Thru , Curley Cross , Pair Off , and Swap Around (all 4 calls were added to A-1).
1988	Removed Triple Trade and Turn & Left Thru .
1990	Removed Triple Scoot .
1991	Added Triple Scoot and Triple Trade .
1994	Removed Triple Trade .
1997	Removed Remake the Thar and Triple Scoot (both were added to Advanced by 2001).
08/07/02	Added Fan the Top (removed from the Mainstream Program). Added Eight Chain Thru (removed from the Mainstream Program). Added Spin Chain Thru (removed from the Mainstream Program).
03/18/03	Added Regional Styling difference statement to PREFACE.
09/01/03	Removed Eight Chain Thru (returned to Mainstream Program).
04/05/04	Changed "8" to "6" in Preface for "Regional Differences".
10/22/04	Changed definition of the following: Acey Deucey ; Coordinate ; and Peel Off .
12/01/04	Reformatted "Preface".
12/15/04	Reformatted Several Definitions.
09/21/06	Removed Spin Chain Thru (returned to Mainstream Program).
10/02/06	Page 8 changed timing of 3/4 Tag the Line to 5.
08/31/07	Page 1 corrected the definition of All Eight Spin the Top .
11/30/10	Converted to MS Word. Page 4 changed timing of Linear Cycle to 8-10.
12/8/10	Changed definition of Coordinate page 2.
12/29/10	Changed PLUS MOVEMENTS to PLUS PROGRAM DEFINITIONS.
09/26/11	Changed Acey Deucey Definition Format and typo. Updated Table of Contents.
1/9/2012	Added closing Parenthesis to Ocean Wave Rule.
12/22/14	Changed definition for Spin Chain Exchange the Gears .
4/29/15	Edited corrections on "0" as shown on 90 ⁰ ; 180 ⁰ ; 270 ⁰ .
9/3/15	Removed Extend (all fractions combined in Mainstream Program).
1/12/16	Changed definition of Follow Your Neighbor .

1/31/18	Edited corrections on “ ^o ” as shown on Grand Swing Thru 180^o .
9/22/18	Removed 3/4 Tag (moved to Mainstream Program).
10/28/21	Revised Spin Chain the Gears and Spin Chain and Exchange the Gears . Added Triple Scoot . Changed Track II to Track 2 . Edited format.