

LESSON CALLS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	REMARKS
15. Courtesy Turn	X	X	X	X		X		X		X											
16. Ladies Chain Family	X	X	X	X				X		X											
a. Two Ladies Chain (Reg., 3/4)	X	X	X	X				X		X											
b. Four Ladies Chain (Reg., 3/4)	X	X	X	X				X		X											
c. Chain Down the Line						X		X		X											
17. Do Paso						X		X		X											
18. Lead Right				X	X			X		X											
19. Veer Left / Veer Right					X	X		X		X											
*16 c. Chain Down the Line						X		X		X											
20. Bend the Line						X		X		X											
21. Circulate Family							X	X		X											
a. (Named Dancers) Circulate							X	X		X											
b. Couples Circulate							X	X		X											
c. All Eight Circulate									X	X											
d. Single File Circulate									X	X											
e. Split / Box Circulate									X	X											
22. Right and Left Thru	X	X	X	X		X		X		X											
23. Grand Square	X	X	X	X		X		X		X											
24. Star Thru				X	X			X		X											
25. California Twirl	X	X	X	X		X		X		X											
26. Walk Around the Corner								X		X											
27. See Saw								X		X											
28. Square Thru (1,2,3,4) / Left Square Thru (1,2,3,4)				X	X			X		X											
29. Circle to a Line								X		X											
30. Dive Thru								X		X											
BASIC PROGRAM - PART 2																					
31. Wheel Around										X											
32. Thar Family																					
a. Allemande Thar														X							
b. Allemande Left to an Allemande Thar														X							
c. Wrong Way Thar														X							

12/12/12



LESSON CALLS	1	2	3	4	5	6	7	8	9	1	1	1	1	1	1	1	1	1	1	2	REMARKS	
	0	1	2	3	4	5	6	7	8	0	1	2	3	4	5	6	7	8	9	0		
33. Slip the Clutch																X						
34. Shoot the Star/ Shoot the Star Full Around																X						
*35. Box the Gnat														X		X						
*8 c. Wrong Way Grand																X						
36. Trade Family																						
* a. (Named Dancers) Trade												X		X								
b. Couples Trade																				X		
* c. Partner Trade														X								
37. Ocean Wave Family																						
a. Step to a Wave										X												
b. Balance															X							
*21 c. All Eight Circulate																		X				
38. Alamo Ring Formation														X								
39. Swing Thru / Left Swing Thru												X		X								
40. Run / Cross Run													X									
41. Pass the Ocean										X												
42. Extend															X							
43. Wheel and Deal														X								
*44. Double Pass Thru														X								
45. First Couple Go Left / Right Next Couple Go Left / Right																X						
46. Zoom															X							
47. Flutterwheel / Reverse Flutterwheel																X						
48. Sweep a Quarter																X						
49. Trade By																X						
50. Touch 1/4																X						
*21 d. Single File Circulate																		X				
*21 e. Split / Box Circulate																			X			
51. Ferris Wheel																X						

CALLERLAB MAINSTREAM TEACHING CHECK LIST

March 13, 2017

Club _____ Instructor _____

Start _____ Complete _____ # Students started _____ # Graduated _____

LESSON CALLS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	REMARKS
MAINSTREAM PROGRAM																					
1. Cloverleaf	X																				
2. Turn Thru	X																				
3. Eight Chain Thru Eight Chain 1, 2, 3, etc.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
4. Pass to the Center	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
5. Single Hinge/Couples Hinge	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
6. Centers In	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
7. Cast off 3/4	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
8. Spin the Top	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
9. Walk and Dodge					X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
10. Slide Thru					X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
11. Fold / <i>Cross Fold</i>			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
12. Dixie Style to an Ocean Wave						X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
13. Spin Chain Thru					X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
14. Tag the Line (In / Out / Left / Right)			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
15. Half Tag						X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
16. Scoot Back			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
17. Recycle (from a wave only)							X	X	X	X	X	X	X	X	X	X	X	X	X	X	

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 thereafter to keep track of calling the movement

NOTE: Calls in *italics* may be deferred until later in the teaching order.

*Suggested Teaching Order
 CALLERLAB recommends that the BASIC & MAINSTREAM Programs, calls 1-68, 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.