

CALLERLAB (NEW) MAINSTREAM PROGRAM

Effective September 1, 2026

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| 1. Arm Turn Family | 24. Pass the Ocean |
| a. Right/Left Arm Turn | 25. Pass Thru |
| b. Allemande Left/Right | 26. Promenade Family |
| 2. Bend the Line | a. Couples Promenade |
| 3. Box the Gnat | b. Single File Promenade |
| 4. California Twirl | c. Star Promenade |
| 5. Cast Off 3/4 | d. Wrong Way Promenade |
| 6. Centers In | 27. Recycle (From Waves Only) |
| 7. Circle Family | 28. Right and Left Grand Family |
| a. Circle Left/Right (1/4, 1/2, 3/4, Full) | a. Right and Left Grand |
| b. Circle of 4 Left/Right (1/4, 1/2, 3/4, Full) | b. Weave the Ring |
| c. Single Circle Left/Right (1/4, 1/2, 3/4, Full) | c. Wrong Way Grand |
| 8. Circulate Family | 29. Right and Left Thru |
| a. Couples Circulate | 30. Run / Cross Run |
| b. (Named Dancers) Circulate | 31. Scoot Back |
| c. All Eight Circulate | 32. Separate Family |
| d. Single File (Column) Circulate | a. Separate |
| e. Box/Split Circulate | b. Separate Around 1 or 2 to a Line |
| 9. Courtesy Turn | c. Separate Around 1 or 2 and come into the middle |
| 10. Dive Thru | 33. Slide Thru |
| 11. Dosado | 34. Spin the Top |
| 12. Double Pass Thru | 35. Split Two |
| 13. Extend | 36. Square Thru / Left Square Thru |
| 14. Ferris Wheel | 37. Star Right / Left |
| 15. First Couple Go Left/Right,
Next Couple Go Right/Left | 38. Star Thru |
| 16. Flutterwheel / Reverse Flutterwheel | 39. Sweep a Quarter |
| 17. Fold / Cross Fold | 40. Swing |
| 18. Grand Square | 41. Swing Thru / Left Swing Thru |
| 19. Half Sashay Family | 42. Tag the Line Family |
| a. Half Sashay | a. Tag the Line (In / Out / Left / Right) |
| b. Rollaway | b. Fraction (1/4, 1/2, 3/4) Tag |
| c. Ladies In, Men Sashay | 43. Touch a Quarter |
| 20. Hinge Family | 44. Trade Family |
| a. Single Hinge | a. Couples Trade |
| b. Couples Hinge | b. (Named Dancers) Trade |
| 21. Ladies Chain Family | c. Right/Left Hand Trade |
| a. Ladies Chain / Ladies Chain 3/4 | d. Partner Trade |
| b. Four Ladies Chain / Four Ladies Chain 3/4 | 45. Trade By |
| c. Chain Down the Line | 46. Turn Back Family |
| 22. Lead Right/Left | a. U-Turn Back |
| 23. Ocean Wave Family | b. Backtrack |
| a. Step to a Wave | 47. Veer Left/Right |
| b. Dosado to a Wave | 48. Wheel and Deal |
| c. Single Circle to a Wave | 49. Wheel Around / Reverse Wheel Around |
| d. Alamo Style | 50. Zoom |
| e. Balance | |