

# The CallerLab Mainstream List

1. Dancer Naming
2. Circle Left/Circle Right
3. Forward & Back
4. Dosado/Dosado to a Wave
5. Swing
6. Promenade/Single File Promenade
  - a. Couples (Full, 1/2, 3/4)
  - b. Single File Promenade
  - c. Star Promenade
7. Allemande Left
8. Arm Turns
9. Right & Left Grand Family
  - a. Right and Left Grand
  - b. Weave the Ring
  - c. Wrong Way Grand
10. Left-Hand Star/Right-Hand Star
11. Pass Thru
12. Split Two
13. Half Sashay Family
  - a. Half Sashay
  - b. Rollaway
  - c. Ladies in, Men Sashay
14. Turn Back Family
  - a. U-Turn Back
  - b. Backtrack
15. Separate Around 1 or 2
  - a. to a Line
  - b. and come into the middle
16. Courtesy Turn
17. Ladies Chain Family
  - a. Two Ladies Chain (Reg. and 3/4)
  - b. Four Ladies Chain (Reg. and 3/4)
  - c. Chain Down the Line
18. Do Paso
19. Lead Right
20. Right and Left Thru
21. Grand Square
22. Star Thru
23. Circle to a Line
24. Bend the Line
25. All Around the Corner
26. See Saw
27. Square Thru  
(1,2,3,4) / Left Square Thru (1,2,3,4)
28. California Twirl
29. Dive Thru
30. Wheel Around
31. Thar Family
  - a. Allemande Thar
  - b. Allemande Left to an Allemande Thar
  - c. Wrong Way Thar
32. Shoot the Star /  
Shoot the Star Full Around
33. Slip the Clutch
34. Box the Gnat
35. Ocean Wave Family
  - a. Step to a Wave
  - b. Balance
36. Alamo Ring Formation
  - a. Allemande Left in the Alamo Style
  - b. Balance
37. Pass the Ocean
38. Extend (from 1/4 Tag only)
39. Swing Thru/Left Swing Thru
40. Run/Cross Run
41. Trade Family
  - a. (named dancers) Trade
  - b. Couples Trade
  - c. Partner Trade
42. Wheel & Deal
43. Double Pass Thru
44. First Couple Go Left/Right,  
Next Couple Go Left/Right
45. Zoom
46. Flutterwheel/ Reverse Flutterwheel
47. Sweep a Quarter
48. Veer Left/Veer Right
49. Trade By
50. Touch 1/4
51. Circulate Family
  - a. (named dancers) Circulate
  - b. All 8 Circulate
  - c. Couples Circulate
  - d. Single File Circulate
  - e. Split/Box Circulate
52. Ferris Wheel
53. Cloverleaf
54. Turn Thru
55. Eight Chain Thru, Eight Chain 1,2,3,etc.
56. Pass to the Center
57. Spin the Top
58. Centers In
59. Cast Off 3/4
60. Walk & Dodge
61. Slide Thru
62. Fold/Cross Fold
63. Dixie Style to an Ocean Wave
64. Spin Chain Thru
65. Tag the Line (In/Out/Left/Right)
66. Half Tag
67. Scoot Back
68. Single Hinge/Couples Hinge
69. Recycle (from a wave only)

Mainstream and Plus DVDs are available  
at [www.travelinghoedowners.com](http://www.travelinghoedowners.com)

