



MAINSTREAM PROGRAM - Suggested teaching order

Effective September 1, 2026

1. Circle Family

- a. Circle Left/Right (1/4, 1/2, 3/4, Full)
- b. Circle of 4 Left/Right (1/4, 1/2, 3/4, Full)
- c. Single Circle Left/Right (1/4, 1/2, 3/4, Full)

2. Dosado

3. Promenade Family

- a. Couples Promenade
- b. *Single File Promenade*
- c. *Star Promenade*
- d. *Wrong Way Promenade*

4. Arm Turn Family

- a. Right/Left Arm Turn
- b. Allemande Left/*Right*

5. Star Right/Left

6. Right and Left Grand Family

- a. Right and Left Grand
- b. *Weave the Ring*
- c. *Wrong Way Grand*

7. Pass Thru

8. Wheel Around / *Reverse Wheel Around*

9. Courtesy Turn

10. Right and Left Thru

11. Swing

12. Ladies Chain Family

- a. Ladies Chain, (*Ladies Chain 3/4*)
- b. Four Ladies Chain, (*Chain 3/4*)
- c. *Chain Down the Line*

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 Family

- a. Separate*
- b. Separate Around 1 or 2 to a Line
- c. Separate Around 1 or 2 into the middle*

16. Lead Right / Lead Left

17. Veer Left / Veer Right

18. Star Thru

19. Circulate Family

- a. Couples Circulate
- b. (Named Dancers) Circulate
- c. All Eight Circulate*
- d. Single File (Column) Circulate*
- e. Box/Split Circulate*

20. Bend the Line

21. Square Thru / Left Square Thru

22. Split Two

23. Grand Square

24. Double Pass Thru

25. First Couple Go Left/Right, Next Couple Go Right/Left

26. Wheel and Deal

27. California Twirl

28. Slide Thru

29. Dive Thru

30. Box the Gnat

31. Ocean Wave Family

- a. Alamo Style
- b. Balance
- c. Step to a Wave
- d. *Dosado to a Wave*
- e. *Single Circle to a Wave*

32. Trade Family

- a. Couples Trade
- b. (Named Dancers) Trade
- c. Right/Left Hand Trade
- d. Partner Trade

33. Swing Thru / *Left Swing Thru*

34. Run / *Cross Run*

35. Pass the Ocean

36. Extend

37. Flutterwheel / Reverse Flutterwheel

38. Sweep a Quarter

39. Trade By

40. Ferris Wheel

41. Zoom

42. Touch a Quarter

43. Hinge Family

- a. Single Hinge
- b. Couples Hinge

44. Centers In

45. Cast Off Three-Quarters

46. Spin the Top

47. Scoot Back

48. Fold / Cross Fold

49. Tag the Line Family

- a. Tag the Line (In / Out / Left / Right)
- b. Fraction (1/4, 1/2, 3/4) Tag

50. Recycle (from Waves only)