

CALLERLAB (NEW) MAINSTREAM PROGRAM

Effective September 1, 2026

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| 1. Arm Turn Family <ul style="list-style-type: none"> a. Right/Left Arm Turn b. Allemande Left/Right | 24. Pass the Ocean |
| 2. Bend the Line | 25. Pass Thru |
| 3. Box the Gnat | 26. Promenade Family <ul style="list-style-type: none"> a. Couples Promenade b. Single File Promenade c. Star Promenade d. Wrong Way Promenade |
| 4. California Twirl | 27. Recycle (From Waves Only) |
| 5. Cast Off 3/4 | 28. Right and Left Grand Family <ul style="list-style-type: none"> a. Right and Left Grand b. Weave the Ring c. Wrong Way Grand |
| 6. Centers In | 29. Right and Left Thru |
| 7. Circle Family <ul style="list-style-type: none"> 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) | 30. Run / Cross Run |
| 8. Circulate Family <ul style="list-style-type: none"> a. Couples Circulate b. (Named Dancers) Circulate c. All Eight Circulate d. Single File (Column) Circulate e. Box/Split Circulate | 31. Scoot Back |
| 9. Courtesy Turn | 32. Separate Family <ul style="list-style-type: none"> a. Separate b. Separate Around 1 or 2 to a Line 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 <ul style="list-style-type: none"> a. Half Sashay b. Rollaway c. Ladies In, Men Sashay | 42. Tag the Line Family <ul style="list-style-type: none"> a. Tag the Line (In / Out / Left / Right) b. Fraction (1/4, 1/2, 3/4) Tag |
| 20. Hinge Family <ul style="list-style-type: none"> a. Single Hinge b. Couples Hinge | 43. Touch a Quarter |
| 21. Ladies Chain Family <ul style="list-style-type: none"> a. Ladies Chain / Ladies Chain 3/4 b. Four Ladies Chain / Four Ladies Chain 3/4 c. Chain Down the Line | 44. Trade Family <ul style="list-style-type: none"> a. Couples Trade b. (Named Dancers) Trade c. Right/Left Hand Trade d. Partner Trade |
| 22. Lead Right/Left | 45. Trade By |
| 23. Ocean Wave Family <ul style="list-style-type: none"> a. Step to a Wave b. Dosado to a Wave c. Single Circle to a Wave d. Alamo Style e. Balance | 46. Turn Back Family <ul style="list-style-type: none"> a. U-Turn Back b. Backtrack |
| | 47. Veer Left/Right |
| | 48. Wheel and Deal |
| | 49. Wheel Around / Reverse Wheel Around |
| | 50. Zoom |

新 MS の主な変更点

新 MS

MS⇒新 MS へ

1. Cast Off 3/4
2. Centers In
3. Fold / Cross Fold
4. Hinge Family
5. Recycle (From Wave Only)
6. Scoot Back
7. Slide Thru
8. Spin the Top
9. Tag the Line Family

Plus⇒新 MS へ

1. Single Circle to a Wave

新 PLUS

BS⇒新 PLUS へ

1. Circle to a line
2. Do Paso
3. See Saw
4. Walk Around Corner

MS⇒新 PLUS へ

1. Cloverleaf
2. Turn Thru
3. Eight Chain Thru
4. Pass to the Center
5. Thar Family
6. Slip the Clutch
7. Shoot the Star
8. Walk and Dodge
9. Dixie Style to an Ocean Wave
10. Spin Chain Thru

26 年 9 月 1 日より実施

◎新しい MS の指導順序を作成中

◎新 MS に含まれていない現状の BS、

MS、SSD は PLUS に含まれます。