

Lebanon Square Circlers

Mainstream Class Notes September 17th, 2023

Welcome new dancers! We are SO excited that you have joined us in our 2023 Mainstream Square Dance Class!

My name is Kaynor Heineck, and I am the Club Secretary. You'll hear from me once or twice a week as we try to keep you informed of our class and club goings-ons. I can be reached at kaynorh@gmail.com or 541-401-9780. Our President, Wanda Frenzel, can be reached at rockbridge1@centurytel.net or 541-990-4247. Our other officers are Barb Schafer, Treasurer, schafeb2020@gmail.com and Frank Cawrse, Vice President, scrapbooking.oma@gmail.com.

This email has several functions:

- 1) To give you a little more information about Lebanon Square Circlers.
- 2) I want to make sure I've got your email address right.
- 3) We want to share some square dance resources (see below) that you might find helpful.
- 4) We want to invite you to check out our website: lebanonsquarecirclers.com

Resources

I really love **TAMINATIONS**, which is available for free through the Microsoft Store. I have learned a LOT from this program. The program gives you animated examples and written explanations for all of the square dance moves. Your level is BASIC 1.

In addition, the following are class notes, which can be found at:

ceder.net/def/class_notes.php

About Square Dance

Music

Square dance music generally consists of 2/4 (two-step) or 4/4 (march) timing with a range of 120 to 133 beats per minute. My music will be about 127 beats per minute.

When moving, take one step per beat of music. Unlike other dance forms, with Square Dancing it doesn't matter which foot you start with. Use a smooth shuffle/glide step.

Calls

In Modern Western Square Dancing, dancers learn individual movements known as calls.

The caller is responsible for putting the calls together into sequences to form the dance. Each movement (call) is independent and the caller can vary the order of the calls. Hence dancers should not anticipate the next call. This aspect of square dancing makes each dance different, new, and exciting!

Attire

Wear comfortable clothes, western-style if desired. Traditionally, Boys wear long-sleeve shirts, and Girls wear dresses to dances. For lessons, just wear clothes!

Terminology

A **Tip** consists of everyone squaring up (4 couples), dancing for ten minutes or so, followed by thanking everyone in your square, clapping for the caller, then taking a break.

A tip usually consists of a *Patter* portion (5 to 7 minutes) often followed by a *Singing Call* (3 to 4 minutes).

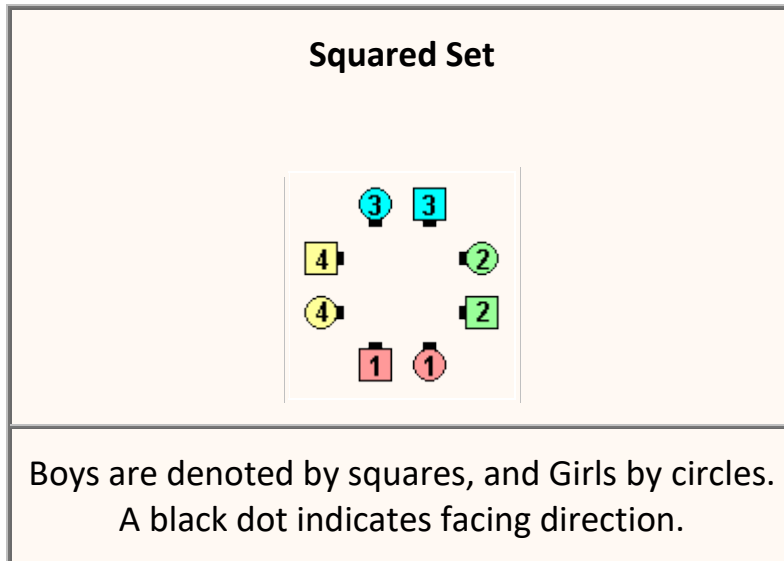
- During the *Patter* portion of the tip, the caller workshops or calls whatever comes to his mind (extemporaneous calling). The caller calls several sequences, where a sequence is simply a series of calls that start and end from a squared set.

- A *Singing Call* is a bit more structured than the *Patter* portion of the tip. The caller changes from the patter music to perhaps a more familiar tune, and dancers can relax a bit as the caller generally uses easier material. Dancers can enjoy dancing to the music, and singing along if desired. For the 4 progressions, dancers dance several calls followed by a swing your *corner* and promenade home. Your corner becomes your new partner, and the Boy takes the Girl to his home position. After a total of four progressions, you are back with your original partner again.

Square Formation & Identification

A **Squared Set** (also known as a **Static Set**) consists of 4 couples, arranged in a square pattern (aligned to the walls of the hall, if possible) such that each couple has their back to a wall and is facing in toward the center of the square. Within each couple, the Boy is on the left, and the Girl is on the right.

- The couple with their backs to the caller is **Couple #1**; the next couple to their right is **Couple #2**; the next couple to the right is **Couple #3**; and the remaining couple is **Couple #4**.
- **Couple #1** and **Couple #3** are known as the **Head Couples** (or **Heads**).
- **Couple #2** and **Couple #4** are known as the **Side Couples** (or **Sides**).
- Your **Partner** is the one beside you (the one you're paired up with – this will change in Singing Calls).



- Your **Corner** is the other adjacent dancer (to the Boys' left, or the Girls' right).
- Your **Opposite** is the opposite sex dancer directly across from you.

From a couple...	
	the Beau is the left-side dancer (the Boy's usual spot)
	the Belle is the right-side dancer (the Girl's usual spot)

- The remaining dancer of the opposite sex is either your **Right-Hand Lady** if you're a Boy, or your **Left-Hand Man** if you're a Girl. These two terms are infrequently used.

Square Dance Calls

Circle Left | Right

From a Circle (a ring of 2 or more dancers).

Join hands and circle as directed to the left or right. If no direction is given, **Circle Left**.

The caller may or may not tell you to circle a specific amount. For example, if the caller says **Circle Left**, then circle left until the next command is given; on the other hand, if the caller says **Circle Left 1/2 Way**, then circle the given amount and then stop (1/2 way means to circle 1/2 way around the circle, so you have changed facing direction by 180°).

While circling, the caller may tell you to **Reverse** it, and circle the other direction.

Handholds: For the time being (when all circles consist of alternating Boys and Girls), Boys use a palms-up, and Girls use a palms-down.

Forward And Back

From a Circle, Squared Set, or other applicable formation.

Walk forward 3 short steps, and then tap one foot to the other (or just pause in place); then walk backward 3 short steps & tap (or pause). This movement takes 8 beats of music.

Styling: On beat 4 (the first 'tap' or pause), you can raise joined hands and "whoop" (make some noise). If you have a free hand (not holding onto anybody), you can raise the free hand in patty-cake style to tap hands with the dancer you're facing.

The caller can have just the Heads, Sides, Girls, or Boys go **Forward And Back**.

There are other ways of saying this call (e.g., **Move up to the Middle and Back**).

Face Your Partner

Turn to face your Partner.

The turn amount is usually either 90° or 180°. The important thing is that you end up facing your Partner.

Face Your Corner

Turn to face your Corner.

Dosado

From two facing dancers.

Without changing your facing direction, walk clockwise around the other dancer a full circle to end facing that dancer (back where you started!).

That is, walk forward to your left to pass right-shoulders; then slide back-to-back; continue sliding to the right and backup; then slide left and backup to end in facing dancers.

Dosado is from the French 'dos a dos', meaning back-to-back.

Allemande Left or Left Allemande

Face your Corner (if you aren't already facing). Join left forearms (hold the forearm of the other dancer's left arm with your left hand). Holding arms, walk forward around the other dancer about 1/2 way, then drop hands and step forward to face your Partner.

At completion of an **Allemande Left** you are facing your Partner, and somewhat back-to-back with your Corner.

Right And Left Grand or Grand Right And Left

From formations where you can shake right-hands with your Partner, and where Boys are generally facing counter-clockwise and Girls are facing clockwise.

Right And Left Grand is like climbing a ladder. Give a right pull by with your Partner, then a left pull by with the next, then a right pull by with the next (your Opposite), then a left pull by with the next (your Corner). Ends facing your Partner on the other side of the square.

A total of 4 hands (right, left, right, left).

Promenade

From applicable formations.

Make a (side-by-side) couple with your partner, with your left-shoulders toward the center of the set. The Boy is on the left, and the Girl is on the right. As a couple, walk forward, as designated (e.g., **Promenade Don't Stop (Don't Slow Down)** in which case you keep moving until another call is given, or **Promenade Home** in which case you stop promenading when you reach your home position and face in as a couple to end in a squared set).

The caller can also designate how far to Promenade, as in **Heads Promenade 1/2**. In this case, the Heads Promenade around the outside 1/2 way to the other Head Position, and face in as a couple to end in a squared set. Inactive Couples (in this case, the **Sides**) move into the middle while the Active Couples (**Heads**) Promenade around the outside. Those moving into the middle, see styling notes for **Forward And Back**.

When you do a **Promenade Home**, the amount to travel depends upon how far you are from your home position. If you are 1/4 of the way from home or less, the convention is to Promenade all the way around to end up home. This is especially true for *Singing Calls*, as time is allotted for you to do this! However, the #1 Couple 'controls' the Promenade, and all couples should stop when the #1 Couple stops at their home position. It is helpful if the #1 Boy says "short" or "stop" if he decides to promenade short.

Promenade is always in a counter-clockwise direction. That is, your left-shoulder is toward the center of the set. If the caller wants you to promenade the other direction, he/she will say **Wrong Way Promenade**.

Swing

From two dancers of opposite sex.

Much can be said about how to **Swing**. Here's a starter...

1. First, get into Swing position. Step right-hip to right-hip; right-feet parallel. Boy's left-hand to Girl's right-hand. Boy places his right-hand on Girl's waist, behind her back. Girl places her left-hand on the Boy's right-shoulder or upper arm;
2. Using the same shuffle step as with normal square dancing, walk forward around each other. Swing twice around or so, then Boy roll the Girl out to his right to end as a couple facing the center of the

set. After you **Swing** with someone, you become partners, at least until the next change.

As you become more experienced, you will find that a better **Swing** can be achieved by keeping your right-feet together, and keeping your balance on the ball of the right foot. Use your left-foot like a scooter to move around the other person.

Weave The Ring

A no-hands **Right and Left Grand**.

From a Circular formation, everyone facing their 'partner'.

Pass right-shoulders with the first dancer; left-shoulders with the second; right-shoulders with the third; and left-shoulders with the fourth.

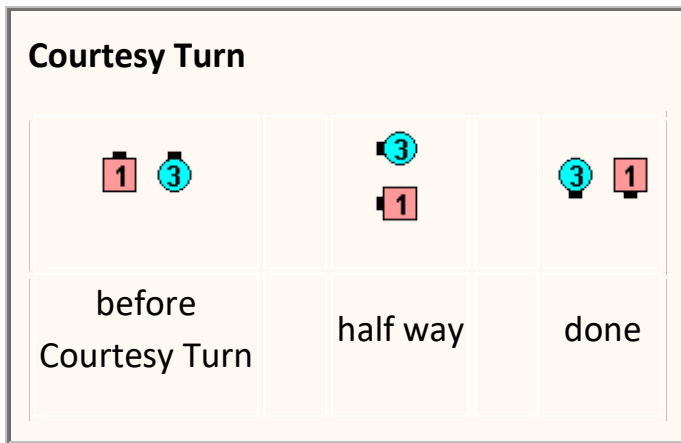
Ends 1/2 way across the set, facing the dancer with whom you were originally facing.

Courtesy Turn

From a Couple.

Left-hands joined in front, the left-side dancer (the **Beau**) places his/her right-hand behind the other dancer's back. The right-side dancer (the **Belle**) places her/his right-hand in the small of his/her back to join the other dancer's right-hand. As a couple turn to the left 1/2 way (**Beau** 'pushing' the **Belle**) to face in.

In practice, **Courtesy Turn** is almost always called from positions where the Boy turns the Girl.



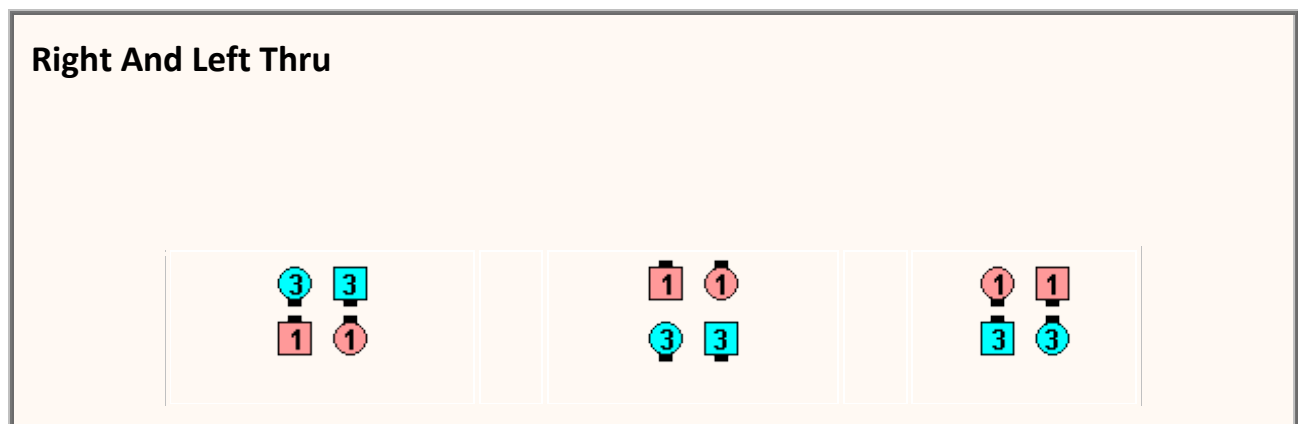
Courtesy Turn can also be called from positions other than a Couple. For example, the Girls could be turning a right-hand star, and the caller could say **Boys (reach in and) Courtesy Turn Your Original Corner**. In this case, the turn itself is more than 180°. Turn whatever amount is necessary to end facing toward the center of the set.

Right And Left Thru

From Facing Couples.

Right-hand pull by (shake right hands with the one you're facing, pull by to end in the other dancer's starting spot); then Courtesy Turn.

Ends in Facing Couples.



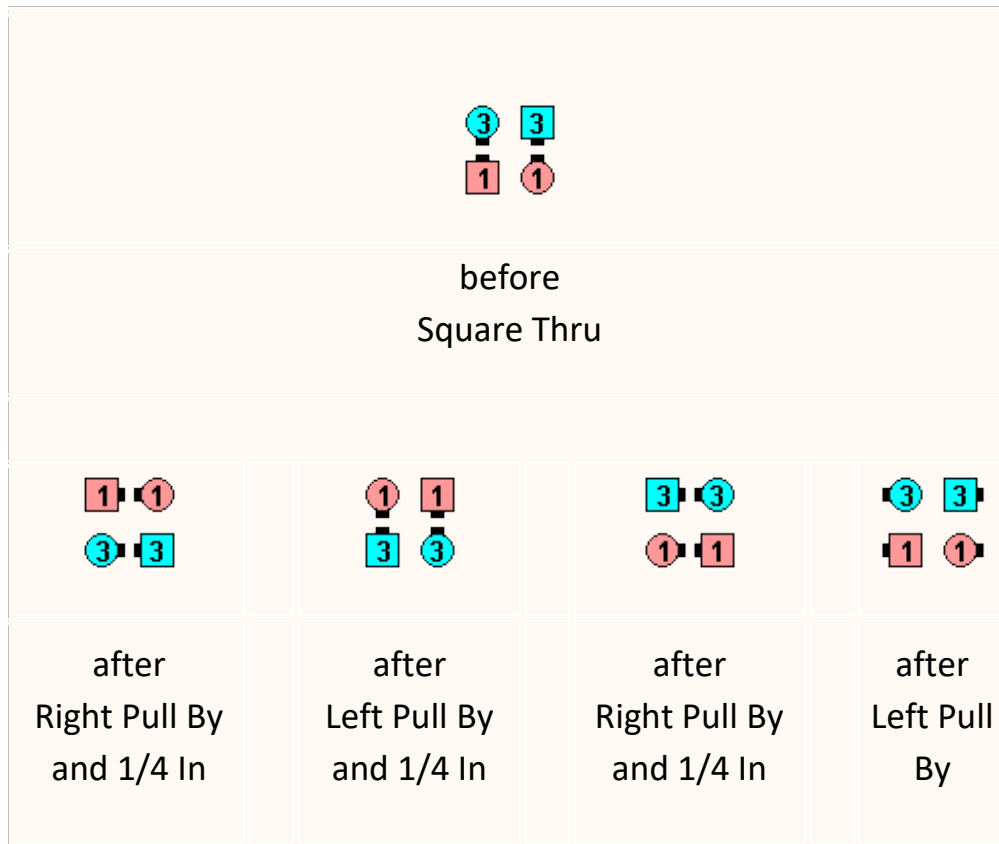
before Right And Left Thru		after Right-Hand Pull By		after Courtesy Turn (done)
-------------------------------	--	-----------------------------	--	----------------------------------

Square Thru

From Facing Couples (or a R-H Wave).

1. Right Pull By and 1/4 In (turn 1/4 to face the adjacent dancer);
2. Left Pull By and 1/4 In;
3. Right Pull By and 1/4 In;
4. Left Pull By.

Ends in Back-to-Back Couples.



If a number or fraction is given (e.g., Square Thru 2; Square Thru 3/4), then pull by that many hands, but do not 1/4 In after the last hand.

1/4 In means turn 1/4 in place toward the adjacent dancer.

Notes:

- Start with the Right-Hand, and use alternating hands.
- All turns are toward the center of the Box.
- After the last hand, do not 1/4 In.
- Ends in back-to-back dancers.

Star Promenade

The ordinary Star Promenade has men in the middle in a left-hand star, with right arms around the waists of partners or other designated girls who promenade along beside the men who continue to retain the star hold in the middle.

Arm Turns

Dance action: Dancers join indicated forearms and walk forward around each other. The amount of turn can be specified as a fraction (e.g., Half (180 degrees), 3/4 (270 degrees), Full (360 degrees) or implicitly by the next call (e.g., Turn Partner By the Left; 4 Ladies Chain).

Ending formation: Usually a Mini-wave, or no formation as the dancers prepare to let go of the arm turn and step forward to do the next call.

Styling: Forearm hold

Right/Left Hand Star

The designated dancers form a star by stepping forward if necessary and placing the appropriate hand in the center of the formation. Forming the star may require a dancer to individually turn in place up to 3/8 of a turn.

Dancers turn the star by walking forward in a circle around the center of the star. The distance traveled may be specified in fractions of a star full around, or until some condition is met (for example, Men Center Left Hand Star, Pick Up Your Partner with an Arm Around, Star Promenade).