

## PLUS LESSON 2

Further notes and definitions can be found at [https://www.ceder.net/def/class\\_notes.php](https://www.ceder.net/def/class_notes.php), northshoresquares.com ([6fecde\\_1c314cd8920949319f2b000d7d6fb596.pdf](https://www.northshoresquares.com/6fecde_1c314cd8920949319f2b000d7d6fb596.pdf)), and <https://www.tamtwirlers.org/taminations/#/?main=LEVELS>

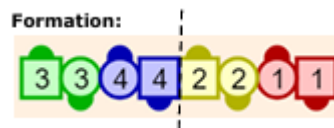
### Moves Taught:

Grand Swing Thru  
Peel Off  
Load the Boat  
Linear Cycle

### Grand Swing Thru:

This starts in a tidal wave. All 8 dancers are in the wave together.

1. All who can, turn  $\frac{1}{2}$  by the right.
2. All who can, turn  $\frac{1}{2}$  by the left.



This is similar to a mainstream swing thru, except that this swing thru crosses the center line.

Note: the caller must call grand swing thru for dancers to cross the center line. If the caller calls swing thru in a tidal wave formation, dancers do not cross the center line, and it is treated like a mainstream swing thru staying within your 4-person wave formation.

Peel Off – This move is from a 2x2 formation (mini-wave box or tandem couples, or a z-formation)

1. Leaders flip 180 degrees (U-turn back) away from the center formation, moving slightly to the left or right to make room for the trailers to become centers.
2. Trailers U-turn back and move to line up and take hands with their partner.



Note: if you are the leader, as you are turning, reach your outside hand back towards the trailer. If you are the trailer, reach your inside hand forward, crossing your body as you are turning to take hands with your partner.

In plus dancing, Peel Off will result in lines, either two-faced lines or parallel lines.

Load the Boat: This move has centers doing one set of action, while the outsides do a separate action.

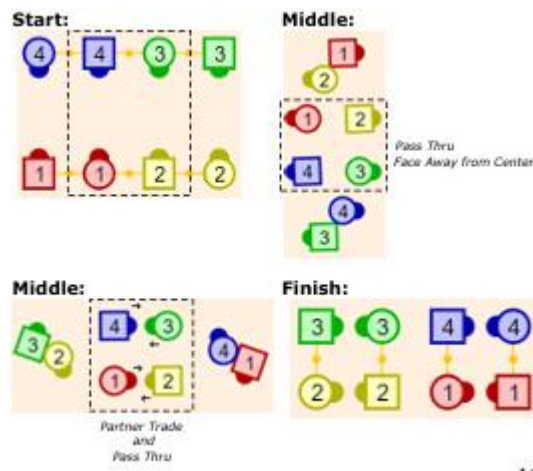
For this explanation, we will assume that the formation starts in facing lines.

Centers:

1. Pass Thru.
2. Face out (turn  $\frac{1}{4}$  in place, away from the center of the set (turn your back to the other center couple so you are back-to-back with them)).
3. Partner trade.
4. Pass Thru

Ends: Ends will walk forward using a circulate path, passing right shoulders with 3 dancers.

1. Pass right shoulders with the person immediately in front of you (1).
2. Walking forward, pass right shoulders with the person walking towards you (2).
3. Walking forward and slightly around the corner, pass right shoulders with the first person you passed (3), immediately face in, and join hands with partner to square the set.



This move will end in an eight chain thru position if started in facing lines.

Linear Cycle: From Waves

1. All hinge.
2. Leaders fold behind trailers.
3. Double pass thru.
4. Peel off in direction of shoulder pass (if beginning in a right-handed wave, this will be to the right; if beginning in a left-handed wave, this will be to the left).

Ends in facing couples.

Note: "Hinge, fold, pass, peel, big deal"

