

## SQUARE DANCE LESSON 1

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

### Moves Taught:

Partner/Corner  
Circle Left/Right  
Allemande Left  
Turn Thru  
Promenade  
Right & Left Grand / Weave the Ring  
Dosado  
Wheel Around  
Pass Thru  
Circle Four Full, 3/4, and Halfway  
Grand Square

### Positions in a square

The couple with their back towards the caller/stage is the No. 1 head couple.

The couple to their right is the No. 2 side couple.

The couple directly across from the No. 1 couple facing the caller/stage is the No. 3 head couple.

The couple to the left of the No. 1 couple is the No. 4 side couple.

### Partner/Corner

For Men (or left-handed dancer): The partner is the person on your right; your corner is the person on your left.

For Women (or right-handed dancer): The partner is the person on your left; your corner is the person on your right.

### Circle Left / Right

- A.) Boy (left-handed dancer) palms up, girl (right-handed) palms down.
- B.) Shuffle along to the beat.
- C.) Don't grip! The boy's hand will act as a platform for the girls to rest her hand in.
- D.) Face slightly in the direction you are traveling.

### Allemande Left

- A.) Shake left hands; now slide up to the forearm.
- B.) Trade places with one on the arm, let go, and walk by passing left shoulders towards the Partner.
- D.) Don't grip or grab tight!
- E.) After turning, drop the arm hold before moving forward to avoid breaking something.

### Turn Thru

### Promenade

- A.) Girls turn slightly to the right.
- B.) Boys step up along the inside of the girls in front walking side by side.
- C.) Shake right hands introduce each other; don't let go, join left hands underneath with boy palms up, girl palms down, fingertips pointing away from the body.

### Right & Left Grand / Weave the Ring

- A.) Alternate hands and shoulders like you are climbing a ladder or a rope.
- B.) Count as you go. (H-E-L-L-O)
- C.) Don't forget to let go!
- D.) From a squared set, all face Partners, now in this direction move forward, alternating hand holds, starting with your right hand, until you meet the partner again.
- E.) Don't pull or yank hands.
- F.) With weave the ring, continue as Right and Left Grand, but no hand pulls, just passing alternating shoulders.

H-E-L-L-O (hello Partner)

### Dosado

- A.) Keep facing the same wall throughout the action.
- B.) Each take a step to their right, two steps forward passing left shoulders, step left, two steps backward passing right shoulders, end back in original position.
- C.) Both are moving around each other at the same time.
- D.) Dosado is a French term that means "back-to-back."

### Wheel Around

- A.) As a couple while holding hands in promenade position, turn left 180 degrees to face the wall/couple behind you.
- B.) Men wheel the lady in front and promenade the other way back.
- C.) When designated couples do it you must take hands quickly to establish formation.

### Pass Thru

- A.) Pass right shoulders!
- B.) Once you pass them, stop.
- C.) Rejoin hands with someone beside you if present.
- D.) Don't keep walking. Once you have passed them you can't pass any more.
- E.) After passing, adjust slightly to the right to end back-to-back with the one passed.

### Circle Four Full, $\frac{3}{4}$ , and Halfway

Full – With the couple that you are facing, the four of you join hands and circle left until you are back in your beginning position.

$\frac{3}{4}$  - With the couple that you are facing, the four of you join hands and circle left until you are  $\frac{3}{4}$  of the way back to your beginning position.

Halfway – With the couple that you are facing, the four of you join hands and circle left until you are halfway (or have changed positions) back to your beginning position.

### Sides Face (or Heads) Grand Square

Sides:

- A.) Turn to face the partner. Proceed away from partner, count three steps backwards
- B.) Turn to face opposite Side person. Count three steps forward
- C.) Turn to face center of square, with new partner, count three steps forward into square
- D.) Turn, join original partner, and count three steps backward
- E.) Reverse! Count three steps forward into square
- F.) Turn, join new partner, count three steps backward
- G.) Turn to face partner, proceed away from partner, count three steps backward
- H.) Turn to face original partner, count three steps forward. You're Done!

Heads:

- A.) Proceed with partner, count three steps forward towards center of square
- B.) Turn towards partner, proceed with opposite head person (new partner) count three steps backwards
- C.) Turn away from partner, count three steps backwards
- D.) Turn towards original partner, count three steps forwards
- E.) Reverse! Count three steps backwards away from partner
- F.) Turn towards opposite head person, count three steps forward
- G.) Turn, with new partner, count three steps forward to center of square
- H.) Turn away from new partner, join original partner and count three steps backwards to original position. You're Done!

Tip

If you are close, you must back up, if far away you must move forward.

Never turn your back on anyone, always turn in to face your partner or your opposite.

Shuffle your feet to the beat and take near hands whenever you can; it's a contact sport!

From above, the pattern each dancer walks is a small square; together it's a Grand Square!

The action is a thirty-two-beat figure, with thirty-two steps and turns; sixteen halfway.

Count: 1, 2, 3, Turn, or whatever your next steps should be (1, 2, 3, reverse)