



FOR IMMEDIATE RELEASE

(June 2026)



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## Mainstream Dance Program Teaching Guide

*Effective September 1, 2026*

*Available at [CALLERLAB.org](http://CALLERLAB.org)*

CALLERLAB is pleased to announce the release of the Mainstream Dance Program Teaching Guide (previously referred to as the Mainstream Playbook), a comprehensive instructional resource developed by the Mainstream Committee to support callers in teaching the Mainstream Program.

### 1. What Is the Teaching Guide?

The Mainstream Dance Program Teaching Guide provides a unified, consistent framework for teaching the Mainstream Program. It includes 19 structured lesson plans based on the CALLERLAB (New) Mainstream Suggested Teaching Order, along with guidance on lesson structure, degree of difficulty, choreographic variety, singing calls, and the importance of practice and sociability in every class.

### 2. Committee Approval

The Mainstream Dance Program Teaching Guide has been reviewed and approved by the CALLERLAB Mainstream Committee. It reflects the committee's commitment to providing callers with practical, well-organized tools that support both new and experienced callers in delivering a strong, enjoyable learning experience for dancers.

### How to Access the Teaching Guide

The Mainstream Dance Program Teaching Guide is available now via a free download at [CALLERLAB.org](http://CALLERLAB.org).

CALLERLAB thanks the Mainstream Committee for its dedication to this project and its continued work to strengthen caller education and support the success of dancers worldwide.

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# CALLERLAB (NEW) PLUS PROGRAM

## Suggested Teaching Order

*Effective September 1, 2026*

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Acey Deucey<br>2. Cloverleaf<br>3. Ping Pong Circulate<br>4. Turn Thru<br>5. Pass to the Center<br>6. Spin Chain Thru<br>7. Scoot & Dodge<br>8. Pair Off<br>9. Teacup Chain<br>10. Dixie Style to an Ocean Wave<br>11. Walk Around the Corner<br>12. See Saw<br>13. Load The Boat 14a. 1/4 Thru<br>15. Walk & Dodge<br>16. Spin Chain The Gears<br>17. Grand Swing Thru 14b. 3/4 Thru<br>18. Triple Scoot<br>19. Track 2<br>14c. Grand 1/4 Thru<br>14d. Grand 3/4 Thru<br>20. (anything) & Roll<br>21. Diamond Circulate<br>22. Pass the Sea<br>23. Flip the Diamond<br>24. Follow Your Neighbor<br>25. Cut The Diamond | 26. Thar Family<br>a. Allemande Thar<br>b. Allemande Left to an Allemande Thar<br>c. Wrong Way Thar<br>27. Slip the Clutch<br>28. Triple Trade<br>29. Shoot the Star/Shoot the Star Full Around<br>30. Peel Off<br>31. Coordinate<br>32. (anything) & Spread<br>33. Fan the Top<br>34. Relay the Deucey<br>35. Partner Tag<br>36. Dixie Grand<br>37. Explode the Wave<br>38. Crossfire<br>39. Explode & (anything)<br>40. Partner Hinge<br>41. Spin Chain & Exchange The Gears<br>42. Linear Cycle<br>43. Peel the Top<br>44. Circle to a Line<br>45. Chase Right<br>46. Clover and (anything)<br>47. Trade the Wave<br>48. Eight Chain Thru/Eight Chain 1, 2, 3, etc<br>49. All 8 Spin the Top<br>50. Do Paso |
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Callers are reminded to limit their calls to the advertised program. Calls from a list other than advertised should not be used unless they are walked through or workshopped first. If conducting a PLUS workshop, use only PLUS calls. If conducting a workshop for PLUS Dancers who want more, workshop should be labeled appropriately.

NOTE: the Plus Program is understood to include more creative use of the Mainstream moves from other than standard positions. For this reason, CALLERLAB recommends that the Plus Program calls be taught in not less than 40 hours of instruction (20 two-hour classes or 27 ninety-minute classes).

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