

TAIKEN プログラム

(2016年11月26日作成)

共通コールズ (Common Calls)

- 1) Circle Left / Right
- 2) Forward and Back
- 3) Dosado
- 4) Couples Promenade (full, 1/2)
- 5) Allemande Left
- 6) Right and Left Grand
- 7) Pass Thru

第1回講習課題 (Pattern#1)

- 8) Allemande Right
- 9) Left Hand Star / Right Hand Star

第2回講習課題 (Pattern#2)

- 10) California Twirl
- 11) Half Sashay
- 12) U-Turn Back

第3回講習課題 (Pattern#3)

California Twirl

- 13) Star Thru
- 14) Right and Left Thru

第4回講習課題 (Pattern#4)

- 15) Grand Square
- 16) Swing
- 17) Single File Promenade

第5回講習課題 (Pattern#5)

Star Thru

Right and Left Thru

- 18) Dive Thru

第6回講習課題 (Pattern#6)

Right and Left Thru

- 19) Lead Right
- 20) Veer Left
- 21) Bend the Line

- * このプログラムは6週間(または6回)継続し毎回参加者が異なる体験教室を想定して作成されました。
- * 体験教室の第1回講習では共通コールズと第1回講習課題により指導されます。第2回講習では共通コールズと第2回講習課題により指導されます。第3回講習以降も同様のパターンで指導されます。
- * 体験教室に継続して参加される方を指導する場合はこのプログラムをティーチングオーダーとして活用することもできます。
- * 講習パターンを選択することにより回数を調整することができます。Swing を避けたい場合は第4回講習課題を省いても結構です。
- * 単発の体験会では体験教室の第1回講習のパターンで指導することをお奨めします。
- * 挨拶(Bow)とスクエアセットの説明は別途行います。
- * 指導の際は「TAIKEN プログラム指導マニュアル・サポーター用」(S 協ホームページからダウンロードできます)と日本フォークダンス連盟発行の「絵で見るスクエアダンスハンドブック パートI」をご活用ください。

オーディオ教材について

「TAIKEN プログラム」を活用したコールをCDに収録しました。ダンサーだけで実施する体験教室や経験が少ないコーラーが指導する時の補助教材としてご利用ください。

体験教室に継続して参加される方を指導するときは「レビューTip」をご活用ください。

言い方に個人差がありますが同じ動作です。

Forward and Back

=Forward Up and Back

=Go Up to the Middle and Back

Right and Left Grand

=Grand Right and Left

=Grand ol' Right and Left

Left Hand Star/Right Hand Star

=Star Left/Star Right

=Star by the Left/Star by the Right

シンギングコールの構成は次の通りです

オープナー	導入部
フィギュア①	振付けられたダンス
フィギュア②	振付けられたダンス
ミドルブレイク	中休み
フィギュア③	振付けられたダンス
フィギュア④	振付けられたダンス
クローザー	締め括り
タグ	最後のおまけ

初めてのスクエアダンス

共通コールズ(Common Calls)によるダンス

CALLER (コーラー):金子 裕行

【1】 PATTERN CALL (パターンコール)

- 1) Bow to your Partner
Bow to your Corner
Join Hands, Circle Left
今度は右に Circle Right
もう1度左に Circle Left
前進後退 Forward Up and Back
Face your partner, Dosado
Corner 向きます Allemande Left
Partner, Dosado
Corner, Allemande Left
Partner 握手で Grand ol' Right and Left
Meet your partner, Promenade
Get Back Home

- 1) 1組 3組 Promenade 1/2 way
2組 4組 Promenade 1/2 way
全員 Promenade 1/2 way
Corner 左手 Allemande Left
Grand ol' Right and Left
Meet your partner, Promenade
Get back home

- 2) Heads Forward Up and Back
Pass Thru
Promenade 1/2 way
Sides Forward and Back
Pass Thru
Promenade 1/2 way
Corner, Allemande Left
Partner, Grand ol' Right and Left
Meet your partner, Promenade
Get Back Home

- 3) Sides Forward Up and Back
Sides Pass Thru
Heads Forward Up and Back
Heads Pass Thru
Sides Promenade 1/2 way
Heads Promenade 1/2 way
Corner, Allemande Left
Grand ol' Right and Left
Meet your partner, Promenade

Get Back Home

- 4) Heads Forward Up and Back
Heads Pass Thru
Sides Forward Up and Back
Sides Pass Thru
Heads Promenade 1/2 way
Sides Promenade 1/2 way
Corner, Allemande Left
Grand ol' Right and Left
Meet your partner, Promenade
Get Back Home
- 5) Face your partner, Dosado
Face your corner, Allemande Left
Partner Dosado
Corner, Allemande Left
Grand ol' Right and Left
Promenade
Get Back Home
- 6) Join Hands, Circle Left
Circle Right
Circle Left
Boys 男性だけ Forward Up and Back
Girls 女性だけ Forward Up and Back
全員 Forward Up and Back
Corner, Allemande Left
Partner, Grand ol' Right and Left
Promenade
Get Back Home
Bow to your Partner
Bow to your Corner

【2】 SINGING CALL (シンギングコール)

“Ode To Joy”

《Opener/Middle Break/Closer》

(オープナー/ミドルブレイク/クローザー)

Circle Left

(前進後退) Forward UP and Back

Corner, Allemande Left

Grand Right and Left

Partner, Promenade

《Figure (フィギュア) ① ②》

Heads Forward Up and Back

Pass Thru

Promenade 1/2 way

Sides Forward Up and Back

Pass Thru

Promenade 1/2 way
Allemande Left
Promenade

《Figure (フィギュア) ③ ④》
Sides Forward Up and Back
Pass Thru
Promenade 1/2 way
Heads Forward and Back
Pass Thru
Promenade 1/2 way
Allemande Left
Promenade

《Tag (タグ)》
Bow To Your Partner
Bow To Your Corner

CALLER (コーラー): 若松 真紀子

【3】 PATTERN CALL (パターンコール)

- 1) Bow to your Partner
Bow to your Corner
Join your hands, Circle Left
みんなで前進後退 Forward and Back
Face your Partner, Dosado
Face your Corner, Allemande Left
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
- 2) Heads Forward and Back
Heads Dosado
Heads Pass Thru
Promenade 1/2 way
Get back home
Sides Forward and Back
Sides Dosado
Sides Pass Thru
Promenade 1/2 way
Get Back Home
- 3) Heads Pass Thru
Sides Pass Thru
Everybody Promenade 1/2 way
Join your hands, Circle Left
Circle Right
Circle Left
Face your Partner, Dosado

Face your Corner, Allemande Left
Grand Right and Left
Meet your partner, Promenade
Get Back Home

- 4) 1 and 2 Forward and Back
1 and 2 Dosado
3 and 4 Forward and Back
3 and 4 Dosado
1 and 3 Forward and Back
1 and 3 Dosado
2 and 4 Forward and Back
2 and 4 Dosado
Face your Corner, Allemande Left
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
- 5) Join your hands, Circle Left
Face your Partner, Dosado
Face your Corner, Dosado
Pass Thru
次の向かい合った人と Dosado
Pass Thru
次の向かい合った人と Dosado
Pass Thru
次の向かい合った人と Dosado
Pass Thru
Corner, Allemande Left
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
- 6) Sides Pass Thru
Promenade 1/2 way
Heads Pass thru
Promenade 1/2 way
Join your hands, Circle Left
Everybody Forward and Back
Face your Partner, Dosado
Face your Corner, Allemande Left
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
Bow to your Partner
Bow to your Corner

【4】 SINGING CALL (シンギングコール)

“You Are My Sunshine”

《Opener》

(オープナー)

Circle Left

みんなで前進後退 Forward and Back

Corner (左手) Allemande Left

Grand Right and Left

Dosado

Promenade

《Figure (フィギュア) ① ②》

Heads Forward and Back

Heads Dosado

Sides Forward and Back

Sides Dosado

Face your Corner, Allemande Left

Partner, Dosado

Promenade

《Middle Break/Closer》

(ミドルブレイク/クローザー)

Circle Left

Everybody Forward and Back

Face your Corner, Allemande Left

Grand Right and Left

Dosado

Promenade

《Figure (フィギュア) ③ ④》

Sides Pass Thru

Promenade 1/2 way

Get back home

Heads Pass Thru

Promenade 1/2 way

Get back home

Face your Corner, Allemande Left

Partner, Dosado

Promenade

《Tag (タグ)》

Bow to your Partner

Bow to your Corner

CALLER (コーラー): 荒木 義昭

[5] PATTERN CALL (パターンコール)

- 1) Bow to your Partner
Bow to your Corner
Join hands, Circle Left
Reverse, Circle Right
Get Back Home

Boys Forward and Back

Girls Forward and Back

Join hands, Circle Left

Corner, Allemande Left

Dosado your Partner

Promenade Partner

Get Back Home

- 2) Girls Forward and Back
Girls join hands, Circle Left inside
Get back home
Boys Forward and Back
Boys join hands, Circle Left inside
Get back home
Join hands, Circle Left
Corner, Allemande Left
Promenade
Get Back Home
- 3) Beautiful Girls only Forward and Back
Handsome Boys only Forward and Back
Heads Forward and Back
Sides Forward and Back
Face your Corner, Dosado
Face your Partner, Dosado
Corner, Allemande Left
Partner, Promenade
Get Back Home
- 4) Heads Forward and Back
Heads Dosado
Sides Forward and Back
Sides Dosado
Corner, Allemande Left
Right and Left Grand
Dosado your Partner
Promenade
Get Back Home
- 5) Heads Promenade outside 1/2 way
Sides (中に入って) Dosado
Sides Promenade 1/2 way
Heads(中に入って) Dosado
Join hands, Circle Left
Corner, Allemande Left
Right and Left Grand
Partner, Promenade
Get Back Home
- 6) Heads Forward and Back
Heads Promenade 1/2 way

Sides Dosado
Sides Promenade 1/2 way
Heads Dosado
Heads Promenade 1/2 way
Sides Dosado
Sides Promenade 1/2 way
Corner, Allemande Left
Partner, Promenade
Get Back Home

- 7) Heads Dosado
Heads Promenade 1/2 way
Sides Dosado
Sides Promenade 1/2 way
Join hands, Circle Left
Corner, Allemande Left
Grand Right and Left
Partner, Promenade
Get Back Home
- 8) Heads Forward & Back
Heads Promenade 1/2 way
Sides Promenade 1/2 way
Heads Pass thru
Sides Dosado
Sides Pass thru
Everyone(全員) Face your Partner
Pass thru
Corner, Allemande Left
Right and Left Grand
Partner, Promenade
Get Back Home
Bow to your Partner
Bow to your Corner

【6】 SINGING CALL (シンギングコール)

“Amazing Grace ”

《Opener/Middle Break/Closer》
(オープナー/ミドルブレイク/クローザー)
Circle left
Corner 見つけて, Allemande left
Partner, Dosado
Partner, Grand ol' Right and Left
Look for the Partner, Promenade

《Figure (フィギュア) ① ②》
Heads Dosado
Heads Promenade 1/2 way
Sides Dosado
Sides Promenade 1/2 way
Corner 見つけて, Allemande Left

Promenade

《Figure (フィギュア) ③④》
Heads Forward & Back
Heads Join Hands, Circle Left Inside
Get Back Home
Sides Forward & Back
Sides Join Hands, Circle Left Inside
Get Back Home
Corner 見つけて, Allemande left
Promenade

《Tag (タグ)》
Bow to the Partner
Bow to the Corner

CALLER (コーラー): 篠ヶ谷 紀子

【7】 PATER CALL (パターコール)

- 1) Bow to the Partner
Bow to the Corner
Join Hands, Circle Left
Reverse Back, Circle Right
Get Back Home
- 2) Everybody Allemande Left Corner
Grand Right and Left
Partner, Promenade
Get Back Home
- 3) Join Hands, Circle Left
Reverse Back, Circle Right
Everybody Forward and Back
Partner, Dosado
Corner, Allemande Left
Grand Right and Left
Partner, Promenade
Get Back Home
- 4) Heads Forward and Back
Heads Pass Thru
Promenade 1/2 way
Sides Forward and Back
Sides Pass Thru
Promenade 1/2 way
Everybody Circle Left
Allemande Left Corner
Grand Right and Left
Dosado

Promenade
Get Back Home

- 5) Heads Forward and Back
Dosado
Pass Thru
Promenade 1/2 way
Sides Forward and Back
Dosado
Pass Thru
Promenade 1/2 way
全員 Allemande Left
Grand Right and Left
Partner, Promenade
Get Back Home
- 6) Sides Forward and Back
Dosado
Heads Forward and Back
Dosado
Sides Pass Thru
Promenade 1/2 way
Heads Pass Thru
Promenade 1/2 way
Everybody Circle Left
Allemande Left Corner
Grand Right and Left
Partner, Dosado
Promenade
Get Back Home
- 7) Sides Forward and Back
Pass Thru
Heads Forward and Back
Pass Thru
Everybody Promenade 1/2 way
Get Back Home
Bow to the Partner
Bow to the Corner

【8】 SINGING CALL (シンギングコール)

“Sweet Little Sheila”

《Opener/Middle Break/Closer》
(オープナー/ミドルブレイク/クローザー)
Circle Left
Allemande Left your Corner
Dosado
Allemande Left Corner
Grand Right and Left
Partner, Dosado

Promenade

《Figure (フィギュア) ① ②》

Heads Forward and Back
Pass Thru
Promenade 1/2 way
Sides Forward and Back
Pass Thru
Promenade 1/2 way
Corner, Allemande Left
Partner, Dosado
Promenade

《Figure (フィギュア) ③ ④》

Sides Forward and Back
Pass Thru
Promenade 1/2 way
Heads Forward and Back
Pass Thru
Promenade 1/2 way
Allemande Left your Corner
Partner, Dosado
Promenade

《Tag (タグ)》

Bow to your Partner
Bow to your Corner

CALLER (コーラー): 大川 康太郎

【9】 PATTERN CALL (パターンコール)

- 1) Bow to your Partner
Bow to your Corner
Join Hands, Circle Left
Everybody Forward and Back
Circle Right
Everybody Forward and Back
Circle Left
Face your Corner, Allemande Left
Partner, Right and Left Grand
Promenade
Get Back Home
- 2) Heads Forward and Back
Heads Dosado
Sides Forward and Back
Sides Dosado
Everybody Join Hands, Circle Left
Face your Corner, Allemande Left

Partner, Right and Left Grand
Partner, Promenade
Get Back Home

- 3) Heads Forward and Back
Heads Pass Thru
Heads Promenade 1/2 way
Sides Forward and Back
Sides Pass Thru
Sides Promenade 1/2 way
Join Hands, Circle Left
Face your Corner, Allemande Left
Partner, Right and Left Grand
Promenade
Get Back Home

- 4) Join Hands, Circle Left
Everybody Forward and Back
Circle Right
Everybody Forward and Back
Circle Left
Face your Corner, Allemande Left
Partner, Right and Left Grand
Promenade
Get Back Home

- 5) Sides Forward and Back
Sides Promenade all way round
Heads Forward and Back
Heads Promenade all way round
Everybody Join Hands, Circle Left
Everybody Forward and Back
Circle Right
Everybody Forward and Back
Circle Left
Face your Corner, Allemande Left
Partner, Right and Left Grand
Promenade
Get Back Home

- 6) Everybody Forward and Back
All 4 Boys Forward and Back
All 4 Girls Forward and Back
Bow to your Partner
Bow to your Corner

【10】 SINGING CALL (シンギングコール)

“Grandpa”

《Opener/Middle Break/Closer》
(オープナー/ミドルブレイク/クローザー)

Circle Left
Allemande Left your Corner
Dosado
Allemande Left
Right and Left Grand
Dosado
Promenade

《Figure (フィギュア) ① ②》
Heads Pass Thru
Heads Promenade 1/2 way
Sides Pass Thru
Sides Promenade 1/2 way
Allemande Left your Corner
Dosado
Everybody Promenade

《Figure (フィギュア) ③ ④》
Sides Pass Thru
Promenade 1/2 way
Heads Pass Thru
Promenade 1/2 way
Allemande Left your Corner
Dosado
Everybody Promenade

CALLER (コーラー): 森口 久江

【11】 PATTERN CALL (パターンコール)

- 1) Bow to your Partner
Bow to your Corner
Everybody Circle Left
Forward and Back
Circle Right
Forward and Back
Face your Corner, Allemande Left
Partner, Dosado
Corner, Allemande Left
Grand Right and Left
Meet your partner, Dosado
Promenade
Get Back Home

- 2) Heads Forward and Back
Heads Dosado
Sides Forward and Back
Sides Dosado
Head Boys Dosado
Head Girls Forward and Back

- Side Girls Forward and Back
Side Boys Dosado
Allemande Left your Corner
Grand Right and Left
Meet your partner Promenade
Get Back Home
- 3) 1 and 3 Promenade 1/2 way
2 and 4 Promenade 1/2 way
Join your hands, Circle Left
Allemande Left
Partner, Dosado
Grand Right and Left
Meet your partner, Promenade
Get Back Home
- 4) Heads Forward and Back
Heads Pass Thru
Promenade 1/2 way
Sides Forward and Back
Sides Pass Thru
Promenade 1/2 way
Allemande Left
Right and Left Grand
Meet your partner, Promenade
Get Back Home
- 5) Sides Promenade 1/2 way
Heads Dosado
Sides Dosado
Heads Promenade 1/2 way
Corner, Allemande Left
Partner, Dosado
Join your hands, Circle Left
Get Back Home
- 6) 1 & 3 Promenade (一周) all the way
Sides Forward and Back
Pass Thru
Promenade 1/2 way
Allemande Left
Grand Right and Left
Meet your partner, Promenade
Get Back Home
- 7) Sides Promenade (一周) all the way
Heads Forward and Back
Pass Thru
Promenade 1/2 way
Face your partner, Dosado
Face your corner, Allemande Left

Grand Right and Left
Promenade
Get Back Home

- 8) Join Hands, Circle Left
Reverse, Circle Right
Boys Forward and Back
Girls Forward and Back
Circle Left
Everybody Forward and Back
Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home
Bow to your Partner
Bow to your Corner

【12】 SINGING CALL (シンギングコール)

“My Bonny”

《Opener/Middle Break/Closer》
(オープナー/ミドルブレイク/クローザー)
Circle Left
Boys Forward and Back
Girls Forward and Back
Allemande Left Corner
Right and Left Grand
Dosado
Promenade

《Figure (フィギュア) ① ②》
Heads Forward and Back
Pass Thru
Promenade 1/2 way
Sides Forward and Back
Pass Thru
Promenade 1/2 way
Allemande Left
Partner, Dosado
Promenade

《Figure (フィギュア) ③ ④》
Sides Forward and Back
Pass Thru
Promenade 1/2 way
Heads Forward and Back
Pass Thru
Promenade 1/2 way
Allemande Left
Partner, Dosado
Promenade

《Tag (タグ)》

Bow to your Partner
Corner too

スクエアダンス体験教室

第 1 回講習 (Pattern #1)

CALLER (コーラー): 若松 真紀子

【13】PATTER CALL (パターコール)

- 1) Bow to your Partner
Bow to your Corner
Join your hands, Circle Left
Everybody Forward and Back
Face your Partner, Dosado
Face your Corner, Allemande Left
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
- 2) Heads Forward and Back
Sides Forward and Back
Heads Left Hand Star
Get back home
Sides Forward and Back
Sides Left Hand Star
Get back home
Heads Right Hand Star
Get back home
Sides Right Hand Star
Go to the Corner, Allemande Left
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
- 3) Join your hands, Circle Left
Face your Corner, Allemande Left
Face your Partner, Allemande Right
Face your Corner, Allemande Left
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
- 4) Heads Forward and Back
Heads Right Hand Star

Back by the Left, Left Hand Star
Face your Corner, Dosado
Face your Partner, Dosado
Face your Corner, Allemande Left
Grand Right and Left
Meet your Partner, Dosado
Promenade
Get Back Home

- 5) Join your hands, Circle Left
Everybody Forward and Back
Circle Right
Boys Star Left
Meet your Partner, Allemande Right
Go to the Corner, Allemande Left
Partner, Grand Right and Left
Meet your Partner, Promenade
Get Back Home
- 6) Heads Make a Left Hand Star
Go to the Corner, Dosado
Everybody(その4人で)Right Hand Star
Heads Star Left inside
Get back home
Sides Left Hand Star
Go to the Corner, Dosado
Everybody(その4人で)Right Hand Star
Sides Star Left inside
Get Back Home
- 7) Join your hands, Circle Left
Everybody Forward and Back
Face your Corner, Allemande Left
Face your Partner, Allemande Right
Face your Corner, Allemande Left
Grand Right and Left
Meet your Partner Dosado
Promenade
Get Back Home
Bow to your Partner
Bow to your Corner

【14】SINGING CALL (シンギングコール)

“Hungry Heart”

《Opener/Middle Break/Closer》

(オープナー/ミドルブレイク/クローザー)

Circle Left
Boys Star Right
Allemande Left your Corner
Grand Right and Left

Dosado
Promenade

《Figure (フィギュア) ① ②》

Heads Left Hand Star
Get back home
Sides Right Hand Star
Go to the Corner, Allemande Left
Allemande Right your Partner
Allemande Left your Corner
Partner, Dosado
Promenade

《Figure (フィギュア) ③ ④》

Sides Left Hand Star
Get back home
Heads Right Hand Star
Go to the Corner, Allemande Left
Allemande Right your Partner
Allemande Left your Corner
Partner, Dosado
Promenade

《Tag (タグ)》

Bow to your Partner
Corner too!

CALLER (コーラー): 大川 康太郎

【15】 PATTERN CALL (パターンコール)

- 1) Bow to your Partner
Bow to your Corner
Join Hands, Circle Left
Face your Corner, Allemande Left
Partner, Dosado
Boys Star Left One Time
Partner, Allemande Right
Allemande Left Corner
Partner, Right and Left Grand
Promenade
Get Back Home
- 2) Join Hands, Circle Left
Boys Star Right
Allemande Left Corner
Grand Right and Left
Partner, Dosado
Boys Star Left One Time
Meet Partner, Allemande Right

Allemande Left Corner
Grand Right and Left
Promenade
Get Back Home

- 3) Heads Forward and Back
Head Couples Right Hand Star
Allemande Left Corner
Grand Right and Left
Promenade
Get Back Home
- 4) Sides Right Hand Star
Allemande Left Corner
Grand Right and Left
Promenade
Get Back Home
- 5) Join Hands, Circle Left
Allemande Left Corner
Partner, Dosado
Boys Star Left One Time
Partner, Allemande Right
Allemande Left Corner
Grand Right and Left
Promenade
Get Back Home
- 6) Heads Forward and Back
Heads Right Hand Star
Allemande left Corner
Grand Right and Left
Dosado
Boys Star Left One Time
Allemande Right your Partner
Allemande Left Corner
Grand Right and Left
Promenade
Get Back Home
- 7) Sides Forward and Back
Sides Right Hand Star
Allemande Left Corner
Partner, Right and Left Grand
Promenade
Get Back Home
- 8) Join Hands Circle Left
Everybody Forward and Back
Circle Right
Everybody Forward and Back

Circle Left
Allemande Left Corner
Partner, Dosado
Boys Star Left One Time
Allemande Right Partner
Allemande Left Corner
Grand Right and Left
Promenade Partner
Get Back Home

- 9) Everybody Forward and Back
Bow to your Partner
Bow to your Corner

【16】 SINGING CALL (シンギングコール)

“Just a Kiss”

《Opener/Middle Break/Closer》
(オープナー/ミドルブレイク/クローザー)
Circle Left
Boys Star Right One Time
Allemande Left your Corner
Grand Right and Left
Dosado
Promenade


《Figure (フィギュア) ①》
Heads Forward and Back
Make Right Hand Star One Time
Sides Forward and Back
Make Right Hand Star One Time
Allemande Left
Promenade

《Figure (フィギュア) ②》
Heads Forward and Back
Make Right Hand Star One Time
Sides Forward and Back
Make Right Hand Star One Time
Allemande Left
Dosado
Promenade

《Figure (フィギュア) ③》
Sides Make Right Hand Star One Time
Heads Make Right Hand Star One Time
Allemande Left
Dosado
Allemande Left
Promenade

《Figure (フィギュア) ④》
Sides Forward and Back
Make Right Hand Star One Time
Heads Forward and Back
Make Right Hand Star One Time
Allemande Left
Promenade

《Tag (タグ)》
Bow to your Partner
Bow to your Corner


CALLER (コーラー): 篠ヶ谷 紀子

【17】 PATTERN CALL (パターコール)

- 1) Bow to the Partner
Bow to the Corner
Join Hands, Circle Left
4 Boys Star Right
Allemande Left
Grand Right and Left
Promenade
Get Back Home
- 2) Join Hands, Circle Left
Reverse Back, Circle Right
4 Boys Star Left
Partner, Dosado
Promenade
Get Back Home
- 3) Join Hands, Circle Right
Partner, Allemande Right
Allemande Left your Corner
Grand Right and Left
Promenade
Get Back Home
- 4) Heads Pass Thru
Promenade 1/2 way
Sides Pass Thru
Promenade 1/2 way
Allemande Left your Corner
Allemande Right your Partner
Allemande Left your Corner
Grand Right and Left
Promenade
Get Back Home

- 5) Heads Left Hand Star
To the Corner Right Hand Star
Heads Left Hand Star
Corner, Dosado
Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home
- 6) Sides Left Hand Star
To the Corner, Right Hand Star
Sides Star by the Left
Corner, Dosado
Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home
- 7) Boys Star Right
Reverse Back, Star by the Left
Partner, Allemande Right
Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home
- 8) 4 Girls Star Left
Reverse Back, Star by the Right
Partner, Dosado
Join Hands, Circle Left
Boys Star Right
Allemande Left
Grand Right and Left
Promenade
Get Back Home
Bow to the Partner
Bow to the Corner

【18】 SINGING CALL (シンギングコール)

“Hey Soul Sister”

《Opener/Middle Break/Closer》
(オープナー/ミドルブレイク/クローザー)

Circle Left
4 Boys Star Right
Allemande Left
Grand Right and Left
Dosado
Promenade

《Figure (フィギュア) ① ②》

Heads Make a Left Hand Star
To the Corner, Right Hand Star
Heads Star by the Left
Corner, Dosado
Allemande Left your Corner
Partner, Dosado
Promenade

《Figure (フィギュア) ③》

Heads Make a Left Hand Star
Corner, Right Hand Star
Heads Star Left
Dosado
Allemande Left your Corner
Partner, Dosado
Promenade

《Figure (フィギュア) ④》

Sides Make a Left Hand Star
To the Corner, Right Hand Star
Sides Star by the Left
Corner, Dosado
Allemande Left your Corner
Partner, Dosado
Promenade

《Tag (タグ)》

Bow To the Partner
Bow To the Corner

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第2回講習 (Pattern #2)

CALLER (コーラー): 荒木 義昭

【19】 PATTERN CALL (パターンコール)

- 1) Bow to your Partner
Bow to your Corner
Heads Promenade 1/2 way
Sides Dosado
Sides Promenade 1/2 way
Heads Dosado
Join hands, Circle Left
Allemande Left
Grand ol' Right and Left
Promenade
Get Back Home

- 2) Heads Forward and Back
 Heads Pass thru
 Heads California Twirl
 Sides Forward and Back
 Sides Pass thru
 Sides California Twirl
 Join hands, Circle Left
 Corner, Allemande Left
 Grand Right and Left
 Promenade
 Get Back Home
- 3) Heads Forward and Back
 Heads Promenade 1/2 way
 Sides Forward and Back
 Sides Promenade 1/2 way
 Heads Pass thru
 Half Sashay
 Sides Pass thru
 Half Sashay
 Everyone(全員) U-Turn Back
 Corner, Allemande Left
 Grand Right and Left
 Partner, Promenade
 Get Back Home
- 4) Heads Forward and Back
 Heads Half Sashay
 Sides Forward and Back
 Sides Half Sashay
 Heads Pass thru
 Sides Pass thru
 Look for the Corner (コーナー見つけて)
 Allemande Left
 Right and Left Grand
 Partner, Promenade
 Get Back Home
- 5) Heads Pass thru
 California Twirl
 Sides Pass thru
 California Twirl
 Join hands, Circle Left
 Heads Forward and Back
 Heads Star thru
 Heads California Twirl
 Look for the Corner (コーナー見つけて)
 Allemande Left
 Right and Left Grand
 Promenade

- Get Back Home
- 6) Heads Promenade 1/2 way
 Sides Half Sashay
 Sides Star thru
 Dosado
 Star thru, Make a line
 Forward and Back
 Star thru
 Everyone Half Sashay
 Pass thru
 Grand Right and Left
 Promenade
 Get Back Home
- 7) Heads Promenade 1/2 way
 Heads Pass thru
 Heads California Twirl
 Sides Promenade 1/2 way
 Sides Pass thru
 Sides California Twirl
 Heads Pass thru
 Sides Pass thru
 Face your Partner, Pass thru
 Corner, Allemande Left
 Right and Left Grand
 Promenade your Partner
 Get Back Home
- 8) Heads Pass thru
 Half Sashay
 Sides Pass thru
 Half Sashay
 Join hands, Circle Right
 Hip to the middle and come on out
 Look for the Corner (コーナー見つけて)
 Allemande Left
 Right and Left Grand
 Promenade
 Get Back Home
 Bow to the Partner
 Bow to the Corner

【20】 SINGING CALL (シンギングコール)

“Tennessee Waltz”

《Opener/Middle Break/Closer》

(オープナー/ミドルブレイク/クローザー)

Circle left

Corner, Allemande left

Partner, Do Sa Do

Partner, Grand ol' Right and Left
Dosado
Promenade

《Figure (フィギュア) ① ②》
Heads California Twirl
Heads Promenade 1/2 way
Sides California Twirl
Sides Promenade 1/2 way
Join hands, Circle Left
Corner, Allemande Left
Promenade

《Figure (フィギュア) ③ ④》
Sides Pass thru
Sides Half Sashay
Heads Pass thru
Heads Half Sashay
Everyone U-Turn Back
Corner, Allemande Left
Dosado
Promenade

《Tag (タグ)》
Corner, Allemande Left
Bow to the Partner
Bow to the Corner

CALLER (コーラー): 森口 久江

【21】 PATTERN CALL (パターンコール)

1) Bow to the Partner
Bow to the Corner
Join your Hands, Circle Left
Everybody Forward and Back
Allemande Left Corner
Partner Dosado
Allemande Left Corner
Partner, Grand Right and Left
Promenade
Get Back Home

2) Heads Promenade 1/2 way
Down the middle, Pass Thru
California Twirl
Sides Promenade 1/2 way
Down the middle, Pass Thru
California Twirl
4 Boys Forward and Back
Allemande Left

Partner, Grand Right and Left
Promenade
Get Back Home

3) Sides Half Sashay
Sides Forward and Back
Heads Half Sashay
Heads Forward and Back
Sides Pass Thru
Heads Pass Thru
Everybody U-Turn Back
Allemande Left Corner
Promenade
Get Back Home

4) Heads Forward and Back
Pass Thru
California Twirl
Sides Promenade 1/2 way
Sides Half Sashay
Sides Pass Thru
U-Turn Back
Heads Pass Thru
California Twirl
Allemande Left
Partner, Dosado
Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home

5) Sides Promenade 1/2 way
Sides Half Sashay
Pass Thru
U-Turn Back
Heads Dosado
Join your hands, Circle Left
Everybody Forward and Back
Allemande Left
Partner, Grand Right and Left
Promenade
Get Back Home

6) Heads California Twirl
U-Turn Back
Pass Thru
Sides Half Sashay
Pass Thru
Everybody U-Turn Back
Allemande Left
Partner, Dosado

(Partner と向かい合って) Pass Thru
U-Turn Back
Pass Thru
Allemande Left
Grand Right and Left
Promenade
Get Back Home

- 7) Join your hands, Circle Left
Reverse, Circle Right
Everybody Forward and Back
Allemande Left
Partner Dosado
Corner, Allemande Left
Partner, Grand Right and Left
Promenade
Get Back Home
Bow to the Partner
Bow to the Corner

【22】 SINGING CALL (シンギングコール)

“Alberta Bound”

《Opener/Middle Break/Closer》
(オープナー/ミドルブレイク/クローザー)
Four Boys Forward and Back
Four Girls Forward and Back
Join Hands, Circle Left
Allemande Left Corner
Grand Right and Left
Dosado
Promenade

《Figure (フィギュア) ①》
1 and 3 Promenade 1/2 way
Down the middle, Pass Thru
California Twirl
2 and 4 Promenade 1/2 way
Down the middle, Pass Thru
California Twirl
Boys Forward and Back
Allemande Left Corner
Promenade

《Figure (フィギュア) ②》
2 and 4 Promenade 1/2 way
Pass Thru
California Twirl
1 and 3 Promenade 1/2 way
Pass Thru
California Twirl

Girls Forward and Back
Allemande Left Corner
Promenade

《Figure (フィギュア) ③》
Heads Half Sashay
Pass Thru
U-turn Back
Sides Dosado
Heads Pass Thru
California Twirl
Allemande Left Corner
Dosado
Allemande Left Corner
Promenade

《Figure (フィギュア) ④》
Sides Half Sashay
Pass Thru
U-turn Back
Heads Dosado
Sides Pass Thru
California Twirl
Allemande Left Corner
Dosado
Allemande Left Corner
Promenade

《Tag (タグ)》
Bow to your Partner
Corner too

レビューTip

第1回目～第2回目講習

CALLER (コーラー): 金子 裕行

【23】 PATTERN CALL (パターンコール)

- 1) Bow to your Partner
Bow to your Corner
Join your Hands, Circle Left
(今度は右へ) Circle Right
(もう一度左へ) Circle Left
(前進後退) Forward Up and Back
Corner (左手) Allemande Left
Partner (右手で) Allemande Right
Corner, Allemande Left
Partner, Grand of Right and Left

- Promenade
Get Back Home
- 2) 4 Ladies Star Left
4 Ladies Star Right
Get back home
4 Boys Star Left
4 Boys Star Right
Corner, Allemande Left
Grand ol' Right and Left
Promenade
Get Back Home
- 3) Heads Forward Up and Back
Pass Thru
Half Sashay
U-Turn Back
Pass Thru
California Twirl
Sides Forward Up and Back
Pass Thru
Half Sashay
U-Turn Back
Pass Thru
California Twirl
Corner, Allemande Left
Grand ol' Right and Left
Partner, Promenade
Get Back Home
- 4) Side couples Pass Thru
Head couples Pass Thru
Everybody California Twirl
Heads Pass Thru
Sides Pass Thru
Everybody Half Sashay
U-Turn Back
Corner, Allemande Left
Grand ol' Right and Left
Partner, Promenade
Get Back Home
- 5) Heads Star Left
Heads Star by the Right
Allemande Left Corner
(Square Set!)
Sides Star Left
Sides Star Right
Corner, Allemande Left
Partner, Grand ol' Right and Left
Partner, Promenade

- Get Back Home
- 6) Everybody Half Sashay
Side couples Pass Thru
Head couples Pass Thru
Everybody U-Turn Back
Heads Pass Thru
Sides Pass Thru
Everybody California Twirl
Corner, Allemande Left
Partner, Grand ol' Right and Left
Promenade
Get Back Home
- 7) Join your Hands, Circle Left
Reverse Back, Circle Right
Circle Left
Everybody Forward Up and Back
Corner, Allemande Left
Partner, Allemande Right
Corner, Allemande Left
Grand ol' Right and Left
Promenade
Get Back Home
Bow to your Partner
Bow to your Corner

【24】 SINGING CALL (シンギングコール)

“Obladi Oblada”

《Opener/Middle Break/Closer》
(オープナー/ミドルブレイク/クローザー)
Circle Left
Boys Star Right
Corner, Allemande Left
Grand Right and Left
Promenade

《Figure (フィギュア) ①》
Heads Promenade 1/2 way
Heads Pass Thru
California Twirl
Sides Promenade 1/2 way
Sides Pass Thru
California Twirl
Allemande Left
Promenade

《Figure (フィギュア) ②》
Heads Promenade 1/2 way
Heads Pass Thru

Half Sashay
U-Turn Back
Sides Promenade 1/2 way
Sides Pass Thru
Half Sashay
U-Turn Back
Allemande Left
Promenade

《Figure (フィギュア) ③》
Sides Promenade 1/2 way
Sides Pass Thru
California Twirl
Heads Promenade 1/2 way
Heads Pass Thru
California Twirl
Allemande Left
Promenade

《Figure (フィギュア) ④》
Sides Promenade 1/2 way
Sides Pass Thru
Half Sashay
U-Turn Back
Heads Promenade 1/2 way
Heads Pass Thru
Half Sashay
U-Turn Back
Allemande Left
Promenade

《Tag (タグ)》
Bow to your Partner
Bow to the Corner

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第3回講習 (Pattern #3)

CALLER (コーラー): 篠ヶ谷 紀子

【25】PATTER CALL (パターコール)

1) Bow to the Partner
Bow to the Corner
Heads Promenade 1/2 way
Heads Pass Thru
California Twirl

Sides Promenade 1/2 way
Sides Pass Thru
California Twirl
Allemande Left
Grand Right and Left
Promenade
Get Back Home

2) Heads Forward and Back
Star Thru
California Twirl
Star Thru
Right and Left Thru
Star Thru
Find the Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home

3) Sides Forward and Back
Sides Star Thru
California Twirl
Star Thru
Right and Left Thru
Star Thru
Find the Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home

4) Heads Promenade 1/2 way
Heads Star Thru
Pass Thru
Dosado
Star Thru (with outside two)
Forward and Back
Star Thru
Pass Thru
California Twirl
Find the Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home

5) Sides Promenade 1/2 way
Sides Star Thru
Pass Thru
Dosado
Star Thru
Forward and Back
Star Thru

Pass Thru
California Twirl
Allemande Left Corner
Grand Right and Left
Promenade
Get Back Home

- 6) Heads Forward and Back
Right and Left Thru
Star Thru
Pass Thru
Star Thru
Forward and Back
Pass Thru
California Twirl
Star Thru
Allemande Left Corner
Grand Right and Left
Promenade
Get Back Home

- 7) Sides Forward and Back
Right and Left Thru
Star Thru
Pass Thru
Star Thru
Forward and Back
Pass Thru
California Twirl
Star Thru
Allemande Left Corner
Grand Right and Left
Promenade
Get Back Home
Bow to the Partner
Bow to the Corner

【26】 SINGING CALL (シンギングコール)

“Take My Breath Away”

《Opener/Middle Break/Closer》
(オープナー/ミドルブレイク/クローザー)
Circle Left
Allemande Left your Corner
Dosado
Allemande Left your Corner
Grand Right and Left
Dosado
Promenade

《Figure (フィギュア) ①》

Heads Star Thru
California Twirl
Pass Thru
California Twirl
Right and Left Thru
Star Thru
Forward and Back
Right and Left Thru
Star Thru
Allemande Left your Corner
Promenade

《Figure (フィギュア) ②》
Heads Promenade 1/2 way
Right and Left Thru
Star Thru
California Twirl
Dosado
Star Thru
Right and Left Thru
Star Thru
Allemande Left
Promenade

《Figure (フィギュア) ③》
Sides Star Thru
California Twirl
Pass Thru
California Twirl
Right and Left Thru
Star Thru
Forward and Back
Right and Left Thru
Star Thru
Allemande Left
Promenade

《Figure (フィギュア) ④》
Sides Promenade 1/2 way
Right and Left Thru
Star Thru
California Twirl
Dosado
Star Thru
Right and Left Thru
Star Thru
Allemande Left
Promenade

《Tag (タグ)》
Allemande Left your Corner

Bow to the Partner
Bow to the Corner

CALLER (コーラー):金子 裕行

【27】 PATTERN CALL (パターンコール)

- 1) Bow to the Partner
Bow to the Corner
Join your Hands, Circle Left
(前進後退) Forward Up and Back
Corner, Allemande Left
Partner, Dosado
Corner, Allemande Left
Partner, Grand Right and Left
Promenade
Get Back Home
- 2) Heads Forward Up and Back
Right and Left Thru
Pass Thru
California Twirl
Sides Forward Up and Back
Right and Left Thru
Pass Thru
California Twirl
Corner, Allemande Left
Partner, Grand Ol' Right and Left
Promenade
Get Back Home
- 3) Sides Forward Up and Back
Pass Thru
California Twirl
Star Thru
Pass Thru
Right and Left Thru
Star Thru
Forward Up and Back
Star Thru
Corner, Allemande Left
Grand Ol' Right and Left
Promenade
Get Back Home
- 4) Heads Forward Up and Back
Heads Pass Thru
California Twirl
Star Thru
Pass Thru

Right and Left Thru
Star Thru
Forward Up and Back
Star Thru
(目の前) Corner, Allemande Left
Grand Ol' Right and Left
Promenade
Get Back Home

- 5) Side couples Forward Up and Back
Star Thru
Pass Thru
Star Thru
Right and Left Thru
Pass Thru
California Twirl
Star Thru
Pass Thru
Outsides(外の人だけ) California Twirl
Centers Pass Thru
Allemande Left
Grand Ol' Right and Left
Promenade
Get Back Home
- 6) Head couples Forward Up and Back
Star Thru
Pass Thru
Star Thru
Right and Left Thru
Pass Thru
California Twirl
Star Thru
Pass Thru
Centers Pass Thru
Outsides California Twirl
Allemande Left
Grand Ol' Right and Left
Promenade
Get Back Home
- 7) Join Hands, Circle Left
(前進後退) Forward Up and Back
Corner, Allemande Left
Partner, Dosado
Corner, Allemande Left
Grand Ol' Right and Left
Promenade
Get Back Home
Everybody Forward Up and Hey Hey Hey!
Bow to the Partner

Bow to the Corner

【28】 SINGING CALL (シンギングコール)

“Sea Of Love”

《Opener/Middle Break/Closer》

(オープナー/ミドルブレイク/クローザー)

Circle Left

Corner, Allemande Left

Partner, Dosado

Corner, Allemande Left

Grand ol' Right and Left

Promenade

《Figure (フィギュア) ①》

Heads Right and Left Thru

Star Thru

Pass Thru

Right and Left Thru

Star Thru

Forward and Back

Star Thru

Allemande Left your Corner

Grand ol' Right and Left

Promenade

《Figure (フィギュア) ②》

Heads Star Thru

Pass Thru

Right and Left Thru

Pass Thru

Outsides California Twirl

Centers Pass Thru

Allemande Left

Grand ol' Right and Left

Promenade

《Figure (フィギュア) ③》

Sides Right and Left Thru

Star Thru

Pass Thru

Right and Left Thru

Star Thru

Forward and Back

Star Thru

Allemande Left

Grand ol' Right and Left

Promenade

《Figure (フィギュア) ④》

Sides Star Thru

Pass Thru

Right and Left Thru

Pass Thru

Outside California Twirl

Center Pass Thru

Allemande Left

Grand ol' Right and Left

Promenade

《Tag (タグ)》

Bow to the Partner

Bow to the Corner

レビューTip

第1回目～第3回目講習

CALLER (コーラー): 若松 真紀子

【29】 PATTERN CALL (パターンコール)

- 1) Bow to your Partner
Bow to your Corner
Join your Hands, Circle Left
4 Boys Star Right
Corner, Allemande Left
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
- 2) Heads Forward and Back
Heads Pass Thru
Half Sashay
Sides Forward and Back
Sides Pass Thru
Half Sashay
Everybody U-Turn Back
Join your hands, Circle Left
Face your Corner, Allemande Left
Face your Partner, Allemande Right
Face your Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home
- 3) Sides Make a Left Hand Star
Go to the Corner, Dosado
Right & Left Thru
Pass Thru
Outsides California Twirl

- Centers Right and Left Thru
Centers Pass Thru
Allemande Left Corner
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
- 4) Heads Forward and Back
Heads Right and Left Thru
Heads Star Thru
Pass Thru
Dosado
Star Thru, Make a Line
Forward and Back
Right and Left Thru
Star Thru
Allemande Left your Corner
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
- 5) Sides Forward and Back
Sides Star Thru
California Twirl
Dosado
Right and Left Thru
Half Sashay
Pass Thru
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
- 6) Join your Hands, Circle to the Left
Everybody Forward and Back
Face your Corner, Allemande Left
Partner, Dosado
Face your Corner, Allemande Left
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
- 7) Heads Forward and Back
Heads Star Thru
California Twirl
Dosado
Pass Thru
U-Turn Back
Pass Thru
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
- 8) Sides Forward and Back
Sides Pass Thru
Promenade 1/2 way
Sides Star Thru
California Twirl
Pass Thru
Everybody California Twirl
Pass thru
Centers Right and Left Thru
Outsides California Twirl
Centers Pass Thru
Allemande Left Corner
Right and Left Grand
Meet your Partner, Promenade
Get Back Home
- 9) Heads Left Hand Star
Go to the Corner, Dosado
Right and Left Thru
Pass Thru
Outsides(外側だけ) California Twirl
Centers Right and Left Thru
Centers Pass Thru
Allemande Left your Corner
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
- 10) Join your Hands, Circle to the Left
Allemande Left
Partner, Grand Right and Left
Meet your Partner, Dosado
Promenade
Get Back Home
Bow to your Partner
Bow to your Corner
- 【30】 SINGING CALL (シンギングコール)**
“Country Boy”
《Opener/Middle Break/Closer》
(オープナー/ミドルブレイク/クローザー)
Circle Left
Allemande Left your Corner
Dosado
Allemande Left your Corner
Grand Right and Left
Dosado
Promenade

《Figure (フィギュア) ① ②》

Heads Pass Thru
U-Turn Back
Star Thru
Dosado
Right and Left Thru
Half Sashay
Pass Thru
Allemande Right your Partner
Allemande Left your Corner
Partner, Promenade

《Figure (フィギュア) ③ ④》

Sides Pass Thru
U-Turn Back
Star Thru
Dosado
Right and Left Thru
Half Sashay
Pass Thru
Allemande Right your Partner
Allemande Left your Corner
Partner Promenade

《Tag (タグ)》

Bow to your Partner
Bow to your Corner

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第4回講習 (Pattern #4)

CALLER (コーラー): 大川 康太郎

【31】PATTER CALL (パターコール)

- 1) Bow to your Partner
Bow to your Corner
Sides Face, Grand Square
Join Hands, Circle Left
Reverse Back, Single File (Promenade)
Get Back Home
- 2) Heads Forward and Back
Sides Forward and Back
All 4 Boys Promenade Inside
Get Back Home
Swing

Join Hands, Circle Left
Allemande Left to the Corner
Grand Right and Left
(Home)

- 3) All 4 Girls Promenade Inside
Get Back Home
Swing
Join Hands, Circle Left
Allemande Left to the Corner
Grand Right and Left
Promenade
(Home)
- 4) Heads Forward and Back
Sides Forward and Back
Join Hands, Circle Left
Reverse Back, Single File Promenade
Get Back Home
- 5) Sides Face, Grand Square
Join Hands, Circle Left
Reverse Back, Single File (Promenade)
Get Back Home
- 6) Boys Promenade Inside
Get Back Home
Swing
Join Hands, Circle Left
Allemande Left Corner
Grand Right and Left
Promenade
Get Back Home
- 7) 4 Girls Promenade Inside
Get Back Home
Swing
Join Hand, Circle Left
Allemande Left to the Corner
Grand Right and Left
Promenade
(Home)
- 8) Sides Face, Grand Square
Join Hands, Circle Left
Everybody Forward and Back
Circle Right
Everybody Forward and Back
Circle Left
Allemande Left to the Corner
Grand Right and Left

Promenade
Get Back Home

- 9) Heads Face, Grand Square
Bow to your Partner
Bow to your Corner

【32】 SINGING CALL (シンギングコール)

“Everybody Love Somebody Sometime”

《Opener/Closer (オープナー/クローザー)》

Sides Face, Grand Square
4 Boys Promenade one time
Get Back Home and Swing
Promenade

《Figure (フィギュア) ① ②》

Heads Promenade all way
Sides Promenade all way
4 Girls Promenade Inside
Get Back Home and Swing
Promenade

《Middle Break (ミドルブレイク)》

Sides Face, Grand Square
Join Hands, Circle Left
Allemande Left Corner
Promenade

《Figure (フィギュア) ③ ④》

Sides Promenade all way
Heads Promenade all way
4 Girls Promenade Inside
Get Back Home and Swing
Promenade

《Tag (タグ)》

Bow to your Partner
Bow to your Corner

CALLER (コーラー): 森口 久江

【33】 PATTERN CALL (パターンコール)

- 1) Bow to your Partner
Bow to your Corner
Sides Face, Grand Square
Join your hands, Circle Left
Allemande Left Corner
Grand Right and Left

Meet your Partner, Swing
Promenade
Get Back Home

- 2) Boys Forward and Back
Boys Single File Promenade Inside
Get Back Home
Girls Forward and Back
Girls Promenade Inside
Meet your Partner, Swing
Join your hands, Circle Left
Allemande Left Corner
Partner, Right and Left Grand
Meet your Partner, Swing
Promenade
Get Back Home

- 3) Sides Forward and Back
Sides Dosado
Sides Pass Thru
Promenade 1/2 way
Heads Face, Grand Square
Allemande Left Corner
Partner, Swing
(Home)

- 4) Head Girls Forward and Back
Head Girls Dosado
Side Girls Forward and back
Side Girls Dosado
4 Boys Promenade inside
Partner, Swing
Join your hands, Circle Left
Reverse, Circle Right
Single File Promenade
Get Back Home

- 5) Side Boys Forward and Back
Sides Dosado
Pass Thru
Promenade 1/2 way
Heads Forward and Back
Pass Thru
Promenade 1/2 way
4 Boys Promenade inside
Meet your Partner, Swing
Corner, Allemande Left
Right and Left Grand
Partner, Swing
Promenade
Get Back Home

- 6) Sides Face, Grand Square
 Allemande Left Corner
 Partner, Swing
 Bow to your Partner
 Bow to your Corner

【34】 SINGING CALL (シンギングコール)

“Rock'n In Rosalie's Boat”

《Opener (オープナー) 》
 4 Ladies Promenade
 Swing
 Join your hands, Circle Left
 Allemande Left
 Right and Left Grand
 Dosado
 Promenade

《Figure (フィギュア) ①》
 Heads Pass Thru
 Promenade 1/2 way
 Sides Pass Thru
 Promenade 1/2 way
 Allemande Left Corner
 Dosado
 Allemande Left Corner
 Promenade

《Figure (フィギュア) ②》
 Heads Promenade 1/2 way
 Dosado
 Sides Promenade 1/2 way
 Circle Left
 Allemande Left Corner
 Dosado
 Promenade

《Middle Break (ミドルブレイク) 》
 Sides Face, Grand Square
 4 Girls Promenade
 Swing
 Promenade

《Figure (フィギュア) ③》
 Sides Forward and Back
 Pass Thru
 Promenade 1/2 way
 Heads Forward and Back
 Pass Thru
 Promenade 1/2 way

Allemande Left Corner
 Dosado
 Swing
 Promenade

《Figure (フィギュア) ④》
 Sides Face, Grand Square
 Allemande Left Corner
 Dosado
 Promenade

《Closer (クローザー) 》
 Sides Face, Grand Square
 4 Boys Promenade
 Get Back Home and Swing
 Promenade

《Tag (タグ)》
 Partner, Swing

レビューTip

第1回目～第4回目講習

CALLER (コーラー): 荒木 義昭

【35】 PATTERN CALL (パターンコール)

- 1) Bow to your Partner
 Bow to your Corner
 Join hands, Circle Left
 Boys Star Right
 Corner, Allemande Left
 Promenade
 Get Back Home
- 2) 4 Girls Promenade inside
 Get back home and Swing
 Join hands, Circle Left
 Sides Forward and Back
 Heads Forward and Back
 Heads make a Right Hand Star
 Corner, Allemande Left
 Promenade
 Get Back Home
- 3) Heads Star Thru
 California Twirl
 Dosado
 Star Thru

- Make a Line, Forward and Back
Pass Thru
Half Sashay
U-Turn Back
Star Thru
Corner, Allemande Left
Promenade
Get Back Home
- 4) Heads make a Left Hand Star
Corner Dosado
Right and Left Thru
Half Sashay
Pass Thru
Grand Right and Left
Swing your Partner
Promenade
Get Back Home
- 5) Heads Star Thru
California Twirl
Dosado
Make a Right Hand Star once around
Girls U-turn Back
Corner, Allemande Left
Promenade
Get Back Home
- 6) Heads Star Thru
California Twirl
Dosado
Right and Left Thru
Pass Thru
Centers(中の4人だけ)Half Sashay
Centers make a Right Hand Star
外側のカプル California Twirl
Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home
- 7) 4 Girls Promenade Inside
Back home
Swing your Partner
4 Boys Promenade Inside
Back home
Swing your Partner
Join hands, Circle Left
Boys make a Right Hand Star
Corner, Allemande Left
Promenade

- Get Back Home
- 8) Sides Face, Grand Square
Heads Face, Grand Square
Sides Forward and Back
Sides make a Right Hand Star
Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home
Bow to your Partner
Bow to your Corner

【36】 SINGING CALL (シンギングコール)

“Stand By Me”

《Opener (オープナー)》

Circle Left
Allemande left that Corner
Dosado
Allemande Left
Grand Right and Left
Promenade

《Figure (フィギュア) ① ②》

Heads Promenade 1/2 way
Heads Star Thru
Centers Pass Thru
Right and Left Thru
Half Sashay
Dosado
Pass thru
Partner, Swing
Promenade

《Middle Break/Closer》

(ミドルブレイク/クローザー)
Sides Face, Grand Square
Corner, Allemande left
Grand Right and Left
Partner, Promenade

《Figure (フィギュア) ③ ④》

Sides Star thru
California Twirl
Dosado
Star thru
Right and Left thru
Half Sashay
Star thru
U- Turn Back

Pass thru
Swing
Promenade

《Tag (タグ)》
Partner, Swing

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第5回講習 (Pattern #5)

CALLER (コーラー): 若松 真紀子

【37】 PATTERN CALL (パターンコール)

- 1) Bow to your Partner
Bow to your Corner
Join your hands, Circle Left
Face your Corner, Allemande Left
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
- 2) Heads Forward and Back
Heads Right and Left Thru
Star Thru
Pass Thru
Inside Arch, Dive Thru
Centers Pass Thru
Inside Arch, Dive Thru
Centers Pass thru
Allemande Left your Corner
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
- 3) Sides Forward and Back
Sides Right and Left Thru
Star Thru
Pass Thru
Dosado
Right and Left Thru
Inside Arch, Dive Thru
Centers Right and Left Thru
Pass Thru
Allemande Left your Corner
Grand Right and Left
Meet your Partner, Promenade
- 4) Get Back Home
Heads Promenade 1/2 way
Star Thru
Pass Thru
Inside Arch, Dive Thru
Centers Pass Thru
Inside Arch, Dive Thru
Centers Pass Thru
Allemande Left your Corner
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
- 5) Sides Promenade 1/2 way
Star Thru
Pass Thru
Inside Arch, Dive Thru
Centers Pass Thru
Inside Arch, Dive Thru
Centers Pass Thru
Allemande Left your Corner
Promenade
Get Back Home
- 6) Heads Star Thru
Pass Thru
Right and Left Thru
Inside Arch, Dive Thru
Centers Pass Thru
Star Thru
Forward and Back
Right and Left Thru
Star Thru
Inside Arch, Dive Thru
Centers Right and Left Thru
Pass Thru
Inside Arch, Dive Thru
Centers Right and Left Thru
Centers Pass Thru
Allemande Left your Corner
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
- 7) Join your hands, Circle Left
Circle to the Right
Circle Left
Face your Corner, Allemande Left
Grand Right and Left
Meet your Partner, Promenade

Get Back Home

- 8) Sides Forward and Back
Sides Star Thru
California Twirl
Inside Arch, Dive Thru
Centers Pass Thru
Inside Arch, Dive Thru
Centers Pass Thru
Star Thru, Make a Line
Forward and Back
Right and Left Thru
Pass Thru
Corner, Allemande Left
Grand Right and Left
Meet your Partner, Promenade
Get Back Home
Bow to your Partner
Bow to your Corner

【38】 SINGING CALL (シンギングコール)

“The Rose”

《Opener/Middle Break/Closer》
(オープナー/ミドルブレイク/クローザー)
Circle Left
Allemande Left your Corner
Dosado
Allemande Left your Corner
Grand Right and Left
Dosado
Promenade

《Figure (フィギュア) ① ②》
Heads Promenade 1/2 way
Star Thru
Pass Thru
Right and Left Thru
Inside Arch, Dive Thru
Centers Right and Left Thru
Centers Pass Thru
Allemande Left
Dosado
Promenade

《Figure (フィギュア) ③ ④》
Sides Promenade 1/2 way
Star Thru
Pass Thru
Right and Left Thru
Inside Arch, Dive Thru

Centers Right and Left Thru
Centers Pass Thru
Allemande Left
Dosado
Promenade

《Tag (タグ)》

Bow to your Partner
Bow to your Corner

CALLER (コーラー): 荒木 義昭

【39】 PATTERN CALL (パターンコール)

- 1) Bow to your Partner
Bow to your Corner
Heads Forward and Back
Heads Star Thru
Centers Pass Thru
Right and Left Thru
Centers Arch, Dive Thru
Centers Pass Thru
Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home
- 2) Heads Promenade 1/2 way
Heads Star Thru
Centers Pass Thru
Dosado
Star Thru
Forward and Back
Star Thru
Dosado
Star Thru
Forward and Back
Star Thru
Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home
- 3) Sides Promenade 1/2 way
Sides Star Thru
Centers Pass Thru
Right and Left Thru
Centers Arch, Dive Thru
Centers Pass Thru
Right and Left Thru

- Centers Arch, Dive Thru
Centers Pass Thru
Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home
- 4) Sides Promenade 1/2 way
Sides Star Thru
Centers Pass Thru
Star thru
Make a Line, Forward and Back
Right and Left Thru
Star Thru
Corner, Allemande Left
Grand Right and Left
Promenade
(Get Back Home)
- 5) Heads Star Thru
Centers Pass Thru
Right and Left Thru
Centers Arch, Dive Thru
Centers Star Thru
Join Hands, Circle Left
Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home
- 6) Sides Promenade outside all the way
Heads Forward and Back
Heads Star Thru
Centers Pass Thru
Right & Left Thru
Centers Arch, Dive Thru
Centers Star Thru
Join Hands, Circle Left
Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home
- 7) Heads Promenade 1/2 way
Sides Promenade 1/2 way
Sides Star Thru
Centers Pass Thru
Dosado
Star Thru
Make a Line, Forward and Back
Star Thru

- Centers Arch, Dive Thru
Centers Pass Thru
Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home
- 8) Heads Star Thru
Centers Right and Left Thru
Centers Pass Thru
Centers Arch, Dive Thru
Centers Pass Thru
Star Thru
Make a Line, Forward and Back
Heads Face your Partner
Everyone Pass Thru
Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home
- 9) Heads Star Thru
Centers Pass Thru
Right and Left Thru
Centers Arch, Dive Thru
Centers Pass Thru
Star Thru (Make a Line)
Forward and Back
Right & Left Thru
Pass Thru
Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home
Bow to the Partne
Bow to the Corner
- 【40】 SINGING CALL (シンギングコール)**
“Lover’s Concerto”
《Opener/Middle Break/Closer》
(オープナー/ミドルブレイク/クローザー)
Circle Left
Corner, Allemande Left
Partner, Grand Right and Left
Dosado
Promenade
- 《Figure (フィギュア) ① ②》
Heads Promenade 1/2 way
Heads Star Thru

Centers Pass Thru
Star Thru
Make a Line, Forward and Back
Right and Left Thru
Star Thru
Corner, Allemande Left
Dosado
Promenade

《Figure (フィギュア) ③ ④》

Sides Star Thru
Centers Pass Thru
Dosado
Right and Left Thru
Dive Thru
Centers Pass Thru
Corner, Allemande Left
Dosado
Promenade

《Tag (タグ)》

Allemande Left your Corner
Bow to the Partner
Bow to the Corner

レビューTip

第1回目～第5回目講習

CALLER (コーラー): 森口 久江

[41] PATTERN CALL (パターンコール)

- 1) Bow to your Partner
Bow to your Corner
Sides Face, Grand Square
4 Boys Promenade Inside
Partner, Dosado
Promenade
Get Back Home
- 2) Girls Star Left
(手を替えて) Star Right
Get back home
Boys Star Right
Allemande Left Corner
Allemande Right Partner
Corner, Allemande Left
Swing
Promenade
Get Back Home

- 3) Heads Forward and Back
Right and Left Thru
Half Sashay
Star Thru
Dive Thru
Centers California Twirl
Dive Thru
Centers Right and Left Thru
Pass thru
Allemande Left Corner
Grand Right and Left
Promenade
Get Back Home
- 4) Sides Forward and Back
Pass Thru
Half Sashay
U-Turn Back
Heads Forward and Back
Pass Thru
U-Turn Back
Heads Star Thru
Dive Thru
Centers Pass Thru
Star Thru
Up to the Middle and Back
Star Thru
Allemande Left Corner
Grand Right and Left
Promenade
Get Back Home
- 5) Join your hands, Circle Left
Reverse, Circle Right
Single File Promenade
Boys U-Turn Back
Allemande Left Corner
Grand Right and Left
Promenade
Get Back Home
- 6) Sides Promenade 1/2 way
Heads Pass Thru
U-Turn Back
Heads Star Thru
Dosado
Pass Thru
Everyone California Twirl
Dive Thru
Centers Pass Thru

Allemande Left Corner
Promenade
Get Back Home

- 7) Heads Star Thru
Pass Thru
Dosado
Star Thru
Forward and Back
Right and Left Thru
Half Sashay
Star Thru
California Twirl
Dive Thru
Centers Star Thru
Join your hands, Circle Left
Get Back Home

- 8) Sides Face, Grand Square
Everybody Half Sashay
Join your hands, Circle Left
Face New Corner, Swing
Circle Left
Allemande Left Corner
Grand Right and left
Promenade
Get Back Home
Bow to your Partner
Bow to your Corner

【42】 SINGING CALL (シンギングコール)

“Little Did I Know”

《Opener/Closer (オープナー/クローザー)》
Sides Face, Grand Square
Allemande Left
Grand Right and Left
Swing
Promenade

《Figure (フィギュア) ① ②》
※パートナーが順々に変わります
女性は新しいパートナーの Home に行きます
Heads Promenade 1/2 way
Star Thru
Pass Thru
Dosado
Right and Left Thru
Star Thru
Forward and Back
Star Thru

Swing the Corner
Promenade

《Middle Break (ミドルブレイク)》
Circle Left
Boys Star Right
Allemande Left
Grand Right and Left
Swing
Promenade

《Figure (フィギュア) ③ ④》
※パートナーが順々に変わります
女性は新しいパートナーの Home に行きます
Sides Promenade 1/2 way
Star Thru
Pass Thru
Dosado
Right and Left Thru
Star Thru
Forward and Back
Star Thru
Swing the Corner
Promenade

《Tag (タゲ)》
Allemande Left Corner
Partner, Swing

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第 6 回講習 (Pattern #6)

CALLER (コーラー): 金子 裕行

【43】 PATTEN CALL (パターコール)

- 1) Bow to your Partner
Bow to your Corner
Join your Hands Circle Left
(前進後退) Forward Up and Back
Corner Allemande Left
Partner, Dosado
Corner, Allemande Left
Grand ol' Right and Left
Promenade
Get Back Home

- | | |
|---|--|
| <p>2) Heads Lead Right
 Veer Left
 Bend the Line
 Forward Up and Back
 Pass Thru
 Bend the Line
 Right and Left Thru
 Pass Thru
 Bend the Line
 Corner, Allemande Left
 Grand ol' Right and Left
 Promenade
 Get Back Home</p> <p>3) Side couples Lead Right
 Veer Left
 Bend the Line
 Forward Up and Back
 Pass Thru
 Bend the Line
 Right and Left Thru
 Pass Thru
 Bend the Line
 Corner, Allemande Left
 Grand ol' Right and Left Grand
 Promenade
 Get Back Home</p> <p>4) Heads Promenade 1/2 way
 Heads Lead Right
 Right and Left Thru
 Veer Left
 Bend the Line
 Forward Up and Back
 Pass Thru
 Bend the Line
 Corner, Allemande Left
 Grand ol' Right and Left
 Promenade
 Get Back Home</p> <p>5) Side couples Promenade 1/2 way
 Sides Lead Right
 Right and Left Thru
 Veer Left
 Bend the Line
 Forward Up and Back
 Pass Thru
 Bend the Line
 Corner, Allemande Left
 Grand ol' Right and Left</p> | <p>Promenade
 Get Back Home</p> <p>6) Heads Right and Left Thru
 Sides Right and Left Thru
 Heads Lead Right
 Veer Left
 Bend the Line
 Forward Up and Back
 Right and Left Thru
 Pass Thru
 Bend the Line
 Right and Left Thru
 Join Hands, Circle Left
 Allemande Left Corner
 Grand ol' Right and Left
 Promenade
 Get Back Home</p> <p>7) Sides Right and Left Thru
 Heads Right and Left Thru
 Sides Lead Right
 Right and Left Thru
 Veer Left
 Bend the Line
 Forward Up and Back
 Pass Thru
 Bend the Line
 Right and Left Thru
 Join Hands, Circle Left
 Allemande Left Corner
 Grand ol' Right and Left
 Promenade
 Get Back Home</p> <p>8) Join Hands, Circle Left
 Everybody Forward Up and Back
 Corner, Allemande Left
 Partner, Dosado
 Corner, Allemande Left
 Grand ol' Right and Left
 Promenade
 Get Back Home
 Bow to your Partner
 Bow to the Corner</p> <p>【44】 SINGING CALL (シンギングコール)
 “Dancing Queen”
 《Opener/Middle Break/Closer》
 (オープナー/ミドルブレイク/クローザー)</p> |
|---|--|

Circle Left
Corner, Allemande Left
Dosado
Allemande Left
Grand ol' Right and Left
Promenade

《Figure (フィギュア) ①》

Heads Lead Right
Veer Left
Bend the Line
Pass Thru
Bend the Line
Forward and Back
Join your hands, Circle Left
Allemande Left
Grand ol' Right and Left
Promenade

《Figure (フィギュア) ②》

Heads Promenade 1/2 way
Heads Lead Right
Right and Left Thru
Veer Left
Bend the Line
Pass Thru
Bend the Line
Corner Allemande Left
Grand ol' Right and Left
Promenade

《Figure (フィギュア) ③》

Sides Lead Right
Veer Left
Bend the Line
Pass Thru
Bend the Line
Forward and Back
Join your hands, Circle Left
Allemande Left
Grand ol' Right and Left
Promenade

《Figure (フィギュア) ④》

Sides Promenade 1/2 way
Sides Lead Right
Right and Left Thru
Veer Left
Bend the Line
Pass Thru
Bend the Line

Corner, Allemande Left
Grand ol' Right and Left
Promenade

《Tag (タグ)》

Bow to your Partner
Bow to your Corner

CALLER (コーラー): 篠ヶ谷 紀子

【45】 PATTERN CALL (パターンコール)

- 1) Bow to the Partner
Bow to the Corner
Join Hands, Circle Left
Allemande Left Corner
Grand Right and Left
Promenade
Get Back Home
- 2) Heads Promenade 1/2 way
Right and Left Thru
Sides Promenade 1/2 way
Right and Left Thru
Allemande Left Corner
Grand Right and Left
Promenade
Get Back Home
- 3) Heads Lead Right
Right and Left Thru
Veer Left
Bend the Line
Find the Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home
- 4) Sides Lead Right
Right and Left Thru
Veer Left
Bend the Line
Find the Corner, Allemande Left
Grand Right and Left
Promenade
Get Back Home
- 5) Heads Lead Right
Right and Left Thru
Veer Left

Bend the Line
 Forward and Back
 Pass Thru
 Bend the Line
 Right and Left Thru
 Pass Thru
 Bend the Line
 Pass Thru
 Bend the Line
 Find the Corner, Allemande Left
 Grand Right and Left
 Promenade
 Get Back Home

6) Sides Lead Right
 Right and Left Thru
 Veer Left
 Bend the Line
 Forward and Back
 Pass Thru
 Bend the Line
 Right and Left Thru
 Pass Thru
 Bend the Line
 Pass Thru
 Bend the Line
 Find the Corner, Allemande Left
 Grand Right and Left
 Promenade
 Get Back Home

7) Heads Lead Right
 Everybody Lead Right
 Bend the Line
 Forward and Back
 Right and Left Thru
 Pass Thru
 Bend the Line
 Find the Corner, Allemande Left
 Grand Right and Left
 Promenade
 Get Back Home

8) Sides Lead Right
 Everybody Lead Right
 Bend the Line
 Forward and Back
 Right and Left Thru
 Pass Thru
 Bend the Line
 Find the Corner, Allemande Left

Grand Right and Left
 Promenade
 Get Back Home

9) Heads Promenade 1/2 way
 Heads Lead Right
 Right and Left Thru
 Veer Left
 Bend the Line
 Forward and Back
 Pass Thru
 Bend the Line
 Join Hands, Circle Left
 Allemande Left Corner
 Grand Right and Left
 Promenade
 Get Back Home

10) Sides Promenade 1/2 way
 Sides Lead Right
 Right and Left Thru
 Veer Left
 Bend the Line
 Forward and Back
 Pass Thru
 Bend the Line
 Join Hands, Circle Left
 Allemande Left Corner
 Grand Right and Left
 Promenade
 Get Back Home
 Bow to the Partner
 Bow to the Corner

【46】 SINGING CALL (シンギングコール)

“My Girl”

《Opener/Middle Break/Closer》
 (オープナー/ミドルブレイク/クローザー)

Circle Left
 Allemande Left your Corner
 Dosado
 Allemande Left your Corner
 Grand Right and Left
 Dosado
 Promenade

《Figure (フィギュア) ① ②》
 Heads Promenade 1/2 way
 Heads Lead Right
 Right and Left Thru

Veer Left
Bend the Line
(Forward and Back)
Pass Thru
Bend the Line
Find the Corner, Allemande Left
Partner, Dosado
Promenade

《Figure (フィギュア) ③ ④》

Sides Promenade 1/2 way
Sides Lead Right
Right and Left Thru
Veer Left
Bend the Line
Forward and Back
Pass Thru
Bend the Line
Find the Corner, Allemande Left
Partner, Dosado
Promenade

《Tag (タグ)》

Allemande Left your Corner
Bow to the Partner
Bow to the Corner

レビューTip

第1回目～第6回目講習

CALLER (コーラー): 大川 康太郎

【47】 PATTERN CALL (パターンコール)

- 1) Bow to your Partner
Bow to your Corner
Sides Face, Grand Square
Join Hands, Circle Left
Face your Corner, Allemande Left
Partner Right, Right and Left Grand
Meet your Partner, Promenade
Get Back Home
- 2) Join Hands, Circle Left
Everybody Forward and Back
Circle Right
Everybody Forward and Back
Circle Left
Allemande Left to the Corner

Grand Right and Left
Promenade
Get Back Home

- 3) All Join Hands, Circle Left
Reverse Back, Single File Promenade
All 4 Boys U-Turn Back
Allemande Left to the Corner
Partner Right, Right and Left Grand
Promenade
Get Back Home
- 4) Heads Forward and Back
Heads Right and Left Thru
Star Thru
Pass Thru
Right and Left Thru
Dive Thru
Right and Left Thru
Pass Thru
Allemande Left to the Corner
Grand Right and Left
Promenade
Get Back Home
- 5) Sides Right and Left Thru
Star Thru
Pass Thru
Right and Left Thru
Dive Thru
Right and Left Thru
Pass Thru
Allemande Left to the Corner
Grand Right and Left
Promenade
Get Back Home
- 6) Heads Forward and Back
Star Thru
Pass Thru
Right and Left Thru
Dive Thru
Pass Thru
Allemande Left to the Corner
Partner Right, Right and Left Grand
Promenade
Get Back
- 7) Sides Forward and Back
Sides Star Thru
Pass Thru

Right and Left Thru
Dive Thru
Pass Thru
Allemande Left to the Corner
Partner Right, Right and Left Grand
Promenade
Get Back Home

- 8) Join Hands Circle Left
Allemande Left to the Corner
Grand Right and Left
Dosado
Boys Star Left One Time
Allemande Right your Partner
Allemande Left to the Corner
Grand Right and Left
Promenade
Get Back Home
- 9) Heads Lead to the Right
Veer Left
Bend the Line
Forward and Back
Pass Thru
Bend the Line
Forward and Back
Right and Left Thru
Half sashay
Everybody Forward & Back
Star Thru
Allemande Left to the Corner
Partner Right, Right and Left Grand
Promenade
Get Back Home

- 10) Sides Lead to the Right
Veer Left
Bend the Line
Forward and Back
Pass Thru
Bend the Line
Forward and Back
Right and Left Thru
Half sashay
Forward and Back
Star Thru
Allemande Left to the Corner
Partner Right, Right and Left Grand
Promenade
Get Back Home

- 11) Sides Face, Grand Square
Bow to your Partner
Bow to your Corner

【48】 SINGING CALL (シンギングコール)

“Rock and Roll Lullaby”

《Opener (オープナー)》
Circle Left
Allemande Left Corner
Dosado
Allemande Left
Grand Right and Left
Swing and Promenade

《Figure (フィギュア) ① ②》

※パートナーが順々に変わります
女性は新しいパートナーの Home に行きます
Heads Promenade 1/2 way
Heads Right and Left Thru
Heads Star Thru
Pass Thru
Right and Left Thru
Dive Thru
Pass Thru
Corner, Swing
Promenade

《Middle Break/Closer》

(ミドルブレイク/クローザー)
Sides Face, Grand Square
Allemande Left
Grand Right and Left
Swing and Promenade

《Figure (フィギュア) ③ ④》

※パートナーが順々に変わります
女性は新しいパートナーの Home に行きます
Sides Promenade 1/2 way
Sides Right and Left Thru
Sides Star Thru
Pass Thru
Right and Left Thru
Dive Thru
Pass Thru
Corner, Swing
Promenade

【収録にご協力いただいたコーラーの皆様】

(50音順:敬称略)

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