



TIMING

CALLERLAB (New) MAINSTREAM PROGRAM

Revised July 5, 2026 (Effective September 1, 2026)

ABBREVIATIONS: SS = Static Square, FC = Facing Couples

Timing is given from point of contact. If it takes some steps or beats of music to get to the point of contact, then add that to the numbers. We have listed this in more detail for the commonly used calls where the Squared Set Convention returns the dancers to a Squared Set.

Arm Turns	1/2 around: 4, 3/4 around: 4 to 6, full around: 6 to 8
Allemande Left (or Allemande Right)	1/2 Arm Turn: 4 to 6, 3/4 Arm Turn: 6 to 8
.....	full Arm Turn: 8
Bend the Line	Line of Four: 4, Line of Eight: 6
Box the Gnat	4
California Twirl	4
Cast Off 3/4	6
Centers In	2
Circle Left (or Right) . SS 8 Dancers full around: 16, 3/4 around: 12, 1/2 around: 8, 1/4 around: 4	
Circle of Four	FC full around: 8, 3/4 around: 6, 1/2 around: 4, 1/4 around: 2
Circle of Two	2 Facing Dancers full around: 7, 3/4 around: 5, 1/2 around: 4, 1/4 around: 2
Circulates	4, except if the Circulate is a Pass Thru: 2
Courtesy Turn	4
Dive Thru	Couple diving: 2, Couple making arch: 6
Dosado	SS across set: 8, otherwise: 6
Double Pass Thru	4
Extend	2
Ferris Wheel	6
First Couple Go Left/Right, Next Couple Go Right/Left	6
Flutterwheel (or Reverse Flutterwheel)	FC: 8, SS Heads or Sides: 10, SS All: 12
Fold / Cross Fold	Fold: 2, Cross Fold: 4
Forward and Back	Lines close together: 4, all others: 8
Grand Square	32
Half Sashay / Rollaway / Ladies In, Men Sashay	4
Hinge Family	Couples Hinge: 3, Single Hinge: 2
Ladies Chain	Two Ladies from FC: 6, from SS: 8
Four Ladies Chain	from SS: 8, 3/4: 10
Chain Down the Line:.....	8
Lead Right (or Lead Left)	4
Ocean Wave Family	
Alamo Style	Allemande Left in Alamo Style: 4
Balance	4
Step to a Wave	2
Dosado to a Wave	6
Single Circle to a Wave.....	4
Pass the Ocean	4
Pass Thru	Facing Dancers: 2, SS Heads or Sides: 4

Promenade Couples	SS full around: 16, 3/4 around: 12, 1/2 around: 8, 1/4 around: 4
Single File Promenade	4 Dancers inside: 8
Star Promenade	Four Couples full around: 12, 3/4 around: 9, 1/2 around: 6, 1/4 around: 3
.....	Four Couples full around with back out at home: 16
Wrong Way Promenade	SS full around: 16, 3/4 around: 12, 1/2 around: 8, 1/4 around: 4
Recycle	4
Right and Left Grand / Weave the Ring / Wrong Way Grand	10
Right and Left Thru	FC 6, Ocean Wave 6, SS Heads or Sides: 8
Run	4
Cross Run.....	6
Scoot Back.....	6
Separate	2 plus time to travel around the outside
Separate around 1 or 2 to a Line	Pass Thru, Separate Around 1 to a Line: 8, around 2: 10
Separate around 1 or 2 into the Middle	Pass Thru, Sep. Around 1 into Middle: 8, around 2: 12
Slide Thru	4
Spin the Top	8
Split Two	2 plus next call
Square Thru / Left	FC 1: 2, 2: 5, 3: 7 or 8, 4: 10, SS odd numbers: add 2 to previous count
Star Right / Left	Four Dancers full around: 8, 3/4 around: 6, 1/2 around: 4, 1/4 around: 2
.....	Eight Dancers full around: 16, 3/4 around: 12, 1/2 around: 8, 1/4 around: 4
Star Thru	4
Sweep a Quarter	Two Couples: 2, all Four Couples: 4
Swing	variable, at least 4
Swing Thru	6
Tag the Line Family	(Full) Tag: 6, 3/4 Tag: 5, 1/2 Tag: 4, 1/4 Tag: 3
Touch a Quarter	2
Trade Family	
Couples Trade	from Two-Faced Line: 6, One-Faced Line: 8 (more if non-adjacent)
(Named Dancers)	Mini-Wave: 3, Couple: 4, Non-Adjacent Dancers: more than 4
Partner Trade	4
Trade By	4
Turn Back Family	
U-Turn Back	2
Backtrack	2
Veer Left (or Veer Right)	2
Wheel and Deal	4
Wheel Around (or Reverse Wheel Around)	4
Zoom	4

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