

新メインストリーム・プログラム(講習順序) 技術委員会

(New) Mainstream 1	
1 Circle Family	21 Square Thru/ <i>Left Square Thru</i>
a. Circle Left/Right(1/4, 1/2, 3/4, Full)	22 Split Two
b. Circle of 4 Left/Right(1/4, 1/2, 3/4, Full)	23 Grand Square
c. Single Circle Left/Right(1/4, 1/2, 3/4, Full)	24 Double Pass Thru
2 Do Sa Do	25 1st Couple Go Left/Right, Next Go Right/Left
3 Promenade Family	26 Wheel and Deal
a. Couples Promenade	27 California Twirl
b. <i>Single File Promenade</i>	28 Slide Thru
c. <i>Star Promenade</i>	29 Dive Thru
d. <i>Wrong Way Promenade</i>	30 Box the Gnat
4 Arm Turn Family	31 Ocean Wave Family
a. Right/Left Arm Turns	a. Alamo Style
b. Allemande Left/Right	b. Balance
5 Star Right/Left	c. Step to a Wave
6 Right and Left Grand Family	d. <i>Dosado to a Wave</i>
a. Right and Left Grand	e. <i>Single Circle to a Wave</i>
b. <i>Weave the Ring</i>	32 Trade Family
c. <i>Wrongway Grand</i>	a. Couples Trade
7 Pass Thru	b. (Named Dancers) Trade
8 Wheel Around/ <i>Reverse Wheel Around</i>	c. Right/Left Hand Trade
9 Courtesy Turn	d. Partner Trade
10 Right and Left Thru	33 Swing Thru/ <i>Left Swing Thru</i>
11 Swing	34 Run/ <i>Cross Run</i>
12 Ladies Chain Family	35 Pass the Ocean
a. Ladies Chain/ <i>Ladies Chain 3/4</i>	36 Extend
b. Four Ladies Chain/ <i>Four Ladies Chain 3/4</i>	37 Flutterwheel/ <i>Reverse Flutterwheel</i>
c. <i>Chain Down the Line</i>	38 Sweep a Quarter
13 Half Sashay Family	39 Trade By
a. <i>Half Sashay</i>	40 Ferris Wheel
b. <i>Rollaway</i>	41 Zoom
c. Ladies In, Men Sashay	42 Touch a Quarter
14 Turn Back Family	
a. U-Turn Back	
b. Backtrack	
15 Separate Family	
a. Separate	
b. Separate Around 1 or 2 to a Line	
c. <i>Separate Around 1 or 2 and come into the middle</i>	
16 Lead Right/Left	
17 Veer Left/Right	
18 Star Thru	
19 Circulate Family	
a. Couples Circulate	
b. (Named Dancers) Circulate	
c. <i>All Eight Circulate</i>	
d. <i>Single File Circulate</i>	
e. <i>Box/Split Circulate</i>	
20 Bend the Line	

(CALLERLABの許可を得て転載)

- * 30時間以上の講習が必要です。
- * イタリック体のコールは後半に指導することを推奨します。
- * ビギナークラスやDosadoパーティーではMS1 プログラムを活用することを推奨します。
- * 日本での適用開始は2027年4月1日です。