



MAINSTREAM & PLUS REFRESHER GUIDES

Resources that will help you get the most out of your Square Dancing experience

The Virginia Reelers are committed to doing everything we can to assist new dancers in learning to dance the calls that will enable them to square dance at competent Mainstream and Plus levels.

To that end, we have put together a number of resources that describe what we do and have done in classes. Those descriptions can be found in the Mainstream and Plus Refresher Guides available on our website at www.virginiareelers.com. Simply click on the images shown.

The materials in these documents are being assembled week-by-week as the various calls are introduced to the Virginia Reelers' class. The explanations are intended to document classroom activity, and are not always "complete."

For example, a certain call may have been taught from one formation only, but it is possible for the call to be used from other starting formations. In this case, only the formation presented in class is described in the Refresher Guides.

For greater detail on alternative formations, styling, definitions, and other related information, you are referred to CallerLab's document entitled Basic/Mainstream Definitions or Plus Definitions for Mainstream or Plus, respectively. These resources are online at:

- www.callerlab.org/DancePrograms/DanceProgramDocuments/tabid/610/grm2catid/30/Default.aspx

In addition, each of these guides includes links for each call. One link will take you directly to TAMinations where you can watch the call being executed by animated dancers. Just click the "Play" button below the animation screen. The TAMinations site can be accessed at:

- www.tamtwirlers.org/tamination/info/index.html

Another link will take you directly to the Saddlebrooke Squares Dancing Club website where you can watch a video with actual square dancers executing the particular call you are interested in. The Saddlebrooke site can be accessed at:

- www.saddlebrookesquares.com/lessons.htm

NOTES:

1. The links provided in the Refresher Guides will take you to the correct video, but since each video demonstrates several calls, you will need to locate the specific call you want within the video.
2. In most cases (e.g., all of the Mainstream Guide) the presence of the links is obvious. But, in the few cases where the descriptions are lengthy and require multiple pages (e.g., Relay the Deucey took 11 pages), you should know that the links are placed after the written description. If you know that and encounter an area of confusion in the middle of an explanation, you will know that you can skip to the end of the discussion for that call to access the video and animation links.



Mainstream

Plus

