



A Publication of the
**Committee for
Community and Traditional Dance**
of
CALLERLAB
The International Association
of
Square Dance Callers

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Best Wishes for the Holiday Season!

CDLS 2026

The Community Dance Leader Seminar, also known as the Beginner Dance Party Leaders Seminar, is a valuable educational offering held in conjunction with the CALLERLAB Convention. Since 2000, this two-day seminar has been organized by the Committee for Community and Traditional Dance (CCTD).

The focus is on creating an entertaining dance event for beginners or occasional dancers.

Expand your repertoire to include simple circle dances for solos or partners and simple contra dances for all ages.

Gather ideas from both the traditional and modern repertoires for square dance figures that use minimal calls in creative ways.

Learn how to call with the phrase of the music so that the dancers can synchronize their actions to the music.

Develop your ability to teach quickly and efficiently to maximize the dance time.

In 2026 the Seminar will begin after lunch on April 1 and continue on April 2. Come join us!

Circle and Dive Simple Square Figure

Formation: Four couples in a square

Usage: Simple Singer with no partner change

**Head Couples Lead Right,
Each Four Circle Left Halfway,
Centers Arch, Dive Thru,
Centers Pass Thru,
Each Four Circle Left Halfway,
Centers Arch, Dive Thru,
New Centers Circle Left Three-Quarters,
and back out at home,
All do a crossed hands Swing,
All Promenade, All Forward and Back.**

Description:

Lead Right: Designated couple move together to turn 90 degrees to face to their right and adjust into the center to face the Side couple that was on their right.

Centers Arch, Dive Thru: Center two dancers join adjacent hands and make an arch. Others move forward under the arch as the archers move forward to the outside. Right-Side Archer then turns around under the arch as the other dancer goes around outside to end facing in.

Community Dance Leader Seminar 2026

April 1 and 2, 2026 at the
Grand Sierra Resort, Reno, Nevada

Gather material and enhance your ability to successfully lead
Party, Community, or limited Mainstream Square Dances!

Reference Notes

CALLERLAB Dance Resource

<https://dances.callerlab.org/>

This resource contains dances for use at limited Basic events. More dances are being added.

Square Dances (quadrilles, traditional, singing figures)
Contra Dances (various types)
Circle Dances (solo, partners, trios, mixers)
Line Dances, Games & More

Many of these dances have also been published in the *CD Journal*, *CDP Handbook*, or *Dancing for Busy People*.

Past CD Journals

www.callerlab.org

From the Home Page, Select "Dance Programs", then "Other Programs/CDP Choreography".

The download list is ordered by publish date. Receiving the CD Journal is a member benefit, so there is a posting delay.

These can also be accessed via the Dance Resource (see above) using the *CD Journal Links*, which is a sort-able index.

Share Your Ideas

Send dance or theme ideas to
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Our goal is to publish
two or three issues of the
CD Journal each year.

Quadrille

Around Just One Traditional Figure

Formation: Four couples in a square

Music: Reels played at a moderate tempo

Usage: Genderless with no progression and minimum calls.

Prompts:

Intro or:

57-64 - - - -, **Head Two Couples go Forward and Back;**
1-8 - - - -, **Heads Pass Thru and Separate Around One;**
9-16 - - - -, **Lines of Four Go Forward and Back;**
17-24 - - - -, **Centers Pass Thru and Separate Around One;**

25-32 **Into the Middle, Circle Four Left Halfway to Home;**
33-40 - - - -, **-- Corners Dosado;**
41-48 - - - -, **With your Partner Promenade;**
49-56 - - - -, - - - -.

Description:

1-8 Heads go four steps forward and four steps back.
9-16 Heads pass right shoulder by the opposite dancer, then turn away from each other and go out around one dancer to make a Line of Four.
17-24 Lines go four steps forward and four steps back.
25-32 Center four pass right shoulders then turn away from each other, go out around one dancer and come into the middle to make a Circle of Four.

33-40 Center Four Circle Left Half and back out at home.
41-48 Corners Dosado (around each other back-to-back).
49-64 All four Couples Promenade full around to home.

Repeat again for the Heads.

After a Break figure call the sequence twice for the Sides.

Add an appropriate Opener, Middle Break and Ending.

Partner Change Version:

-- Replace the Corner Dosado with a Corner Swing and Promenade.

Possible Opener, Break and Ending:

**All join hands and Circle Left, circle halfway round,
Now Circle Right, circle right, circle back to town.**

**Oh, Dosado your Corner, turn and Swing your own,
Then join both hands together and Promenade on home.**

Traditional Square Idea

Balancing Square Thru Modernized Version of “Change and Swing Half” from *Cowboy Dances* by Lloyd Shaw

Formation: Four Couples in a Square

Music: Any strongly-phrased, energetic 64-count tune

Usage: No partner change but an unusual transition into the Promenade.

Prompts:

Intro or

57-64 - - - -, Head Couples Lead to the Right;
1-8 - - Those Facing join Right hands and Balance;
9-16 Right Pull By, Face In, Partners Left hands Balance;
17-24 Left Pull By, Face In, Right hands Balance;

25-32 Right Pull By, Face In, Partners Left hands Balance;
33-40 Lady walk by, Gent turn, and connect right hands;
41-48 All Couples Promenade around to home;
49-56 - - - -, - - - -.

Description:

- 1-8 Head Couples walk together as a Couple to face the Side Couple to their right.
 9-16 Facing Dancers join Right hands and Balance Forward and Back (4 counts) then Right Pull By.
 17-24 Dancers turn to face their Partner and connect Left Hands Then Balance and Left Pull By.
 25-32 In each four the dancers turn to face the dancer beside them, join Right hands, Balance and Right Pull By.
 33-40 Dancers turn to face their Partner and join Left Hands. Balance and Ladies left walk by while Gent turns to connect right hands with Partner for a Promenade.
 41-64 Promenade full around and back to home.

Repeat for Head Couples then twice for the Side Couples.
 Add an Intro, Middle Break, and Closer as appropriate.

Original “Change and Swing Half”

First couple out to the right,
 Change and Swing half, Change and Swing half,
 Change and Swing half, and don't be afraid,
 Change and Swing half and all Promenade.

Change: Do the next action with the other available dancer.
 Swing half: Join both hands and turn half around to the right.

Solo Circle

Push the Sky By Dottie Welch, 2025

Formation: Circle of dancers

Music: Something bouncy

Usage: Created for seniors or primary school students, this is a simple dance to encourage movement to music.

Prompts:

Intro or

57-64 - - - -, Circle Left;
1-8 - - - -, Circle Right;
9-16 - - Forward and Back;
17-24 - - - -, - - Twice;

25-32 Knees, Knees, Hands, Hands, Push the Sky 3;

33-40 - - - -, - - Repeat;

41-48 Right Hand up Solo Turn to the Right;

49-56 Left Hand up Solo Turn; to the Left;

Description:

- 1-8 Dancers join hands and Circle to the Left for six counts then turn around ready to go back.
 9-16 Circle to the Right for eight counts.
 17-24 Forward 3 steps and touch, then back up 3 steps and touch.
 25-32 Repeat 17-24.
 33-48 Dancers slap knees twice, clap on own hands twice, then raise hands to Push the Sky three times. Repeat.
 49-56 Dancers raise right hand and turn right in a small solo circle.
 57-64 Dancers raise left hand and turn left in a small solo circle.

Whole Set Contra

Follow the Leader

By Dottie Welch, 2006 for DANS

Formation: Proper contra lines of three to six couples per set. If more than six couples, consider having four dancers doing the strut and lead actions.

Music: “ ”

Usage: This is a whole set progression contra.

Prompts:

Intro or

57-64 ----, Long Lines Forward and Back;

1-8 ----, Partners Change Places;

9-16 ----, Long Lines Forward and Back;

17-24 ----, Partners Change Places;

25-32 -- Top Couple down inside four steps, Turn alone and come back up;

33-40 All Face Up, Top two separate and lead their lines down the outside. All Follow the Leader;

41-56 Top two make an arch. Others go beyond the arch and the second couple lead under the arch and up to the top.

Description:

1-8 Long Lines go Forward three and touch, then back three to place.

9-16 Partners Pass Right sides turning as they go by to backup into place on the other side. (Connect right hands if dancers are comfortable with that.)

17-32 Repeat counts 1-16.

25-32 Top two dancers strut down the inside for four counts then turn alone and go back to become the leaders.

33-44 Top two separate and go down the outside of their own line leading all the others.

45-64 The leaders raise both hands to make an arch. The second dancers go on around the arch and come up through the arch leading all the rest of the dancers back up into long facing lines.

Sicilian Circle

Dip and Dive for Jillian

By Bob Riggs

Formation: Sicilian Circle (Couples Facing Couples in a Big Circle with shoulders toward the center).

Music: Something with a 64-count verse and clear 8-count phrasing.

Usage: During the instruction designate those facing clockwise to be the First Archers.

Prompts:

Intro or

57-64 ----, -- Star Right;

1-8 ----, -- Star Left;

9-16 ----, -- Ladies Dosado;

17-24 ----, -- Gents Dosado;

25-32 ----, -- Circle Left;

33-40 ----, -- Circle Right;

41-48 ----, Facing CW Arch for Dip & Dive;

49-56 ----, (total of four Dives).

Description:

1-8 Each Four make a Right-Hand Star and turn it for eight counts.

9-16 Same Four make a Left-Hand Star and turn it back to place.

17-24 Ladies (those on right) Dosado.

25-32 Gents (those on left) Dosado.

33-40 Same Four Circle Left for eight counts.

41-48 Same Four Circle Right back to place.

49-56 Those facing clockwise raise adjacent hands to make an arch. Others go under that arch while all move forward. The others raise their adjacent hands to make an arch and the oncoming first archers go under.

57-64 Repeat 49-56 with two more arches.

Variations:

-- Change the Dosado section to:

Opposite Dosado, Partner Dosado

-- Do only two arches instead of four. Then Bow and prepare for the Right-Hand Star.