

Single Spinners Mainstream Square Dancing Class – started September 25, 2025

Resources:

- [Taminations](#) (computer simulations and definitions of the movements). Also available as a phone app. Search in your phone app store.
- [Saddlebrook Squares](#) (videos with live dancers).

Session 1 – September 25

Circle Left and Right

Forward and Back

Do Sa Do

Allemande Left

Single File Promenade (includes Boys or Girls Promenade inside)

Couples Promenade

Square identification (couple numbers, heads and sides, partner, corner, opposite, etc.)

Promenade $\frac{1}{2}$

Circle Four/Eight $\frac{1}{2}$

Right and Left Grand

Courtesy Turn

Pass Thru

Two Ladies Chain

Circle Four $\frac{3}{4}$

Facing Lines formation

Session 2

Four Ladies Chain

Right and Left Thru

Rollaway

U-Turn Back

Session 3 – November 6

Star Thru

Bend the Line

Lead Right

Session 4 – November 13

California Twirl

Dive Thru

Separate (around one or two; come into the middle or make lines)

Split Two

Session 5 – November 20

Square Thru (four hands only)

Grand Square

Swing
Four Ladies Chain $\frac{3}{4}$
Right Arm Turn
Corner progression on singing calls.

Session 6 – December 11

Square Thru (1-5 hands)
Hands-up Handhold
Boys/Girls/Ends/Centers Run

Session 7 – January 22

Wheel and Deal - lines of four
Double Pass Thru
First Couple go Left, Second Couple go Right, etc.
Boys, Girls, Ends, and Centers Trade

Session 8 – January 29, 2026

Right/Left Hand Ocean Waves
Fractional turns from Ocean Waves ($\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$)
Swing Thru
Wheel and Deal (two-faced lines)
Veer Left
Ferris Wheel
Weave the Ring

Session 9 – February 5

Partner Trade
Flutterwheel/Reverse Flutterwheel
Ladies In, Men Sashay
Lead Left

Session 10 – February 12

Box the Gnat
Trade By
Backtrack
Couples, Boys, and Girls Circulate from two-faced lines

Session 11 – February 19

Wrong Way Grand
Wrong Way Promenade
Circulates from Ocean Waves
All Eight Circulate
Touch $\frac{1}{4}$
Zoom

Pass the Ocean

Session 12 – March 12

Left Handed Ocean Wave

Left Swing Thru

Chain Down the Line (from two-faced lines and left handed ocean waves)

Sweep a Quarter

Session 13 – March 19

Box Circulate

Alamo Style Wave/Balance/Alamo Swing Thru

Cast Off $\frac{3}{4}$ (both from ocean waves and push cast from couples)

Session 14 – April 9

Split Circulate

Cross Run

Centers In

Session 15 – April 16

Slide Thru

Column Circulate