**DIRECTIONS TO ACCESS ONLINE PROGRAMS FOR ILLUSTRATING SQUARE DANCE MOVEMENTS.**

For Taminations: (Dancers are shown as icons.)

Go to Mt Baker Square Dance Council website

On the menu items on the left side, click on Web Links

On the drop-down menu, click on Taminations

On the Taminations page, click on Mainstream

On the buttons on the bottom of the page, click on Sequencer

On the buttons on the bottom, click on Calls, then choose Basic 1, Basic 2, and Mainstream

(you can choose all 3, if you only choose 1, you will only have access to the movements of that

program)

On the buttons on the bottom, click on Settings

On the right side of the page:

Dancer Speed:  choose what works for you.  I recommend you start with Normal

Dancer Colors:  I recommend you choose By Couple.  This makes it easier to follow the dancer

& partner that you identify with.

Dancer Identity:  I recommend you choose Couple By Numbers for the same reason as above.

On the left side of the page:

Click on Enter calls and begin by naming the dancers (i.e. heads) and the movement (i.e. square

thru 4).  You don’t have to use any capital letters.

When you have typed in those selections, hit Enter and watch the dancers move .

For Saddlebrooke go to Saddlebrooke Squares: (Dancers are shown in a video of live dancers.)

Click on Square Dance Lessons

In the middle of the page, under Lessons on Video, click on Online Video Lessons

Click on Call Index (this will provide an alphabetical index of movements)

When you choose a movement from the index, you will be shown a lesson of several movements

which includes the movement you want.

Note:  the Caller learned to call a long time ago when it was common practice to insert “to the” in

a lot of Calls (i.e. Heads Lead *to the* Right)  The proper naming of the Movement is Lead Right.

As you are aware of this practice, you should be able to dance the movement correctly no matter

how the Caller names it.

You should also remember that the definitions in these programs were current at the time of initial publication, but changes may have been made since then. Your Caller/Teacher is responsible for knowing and teaching the movements according to the current definitions.