



Square Dance Study Guide

Square Dance was first described in 17th century England but was also quite common in France and throughout Europe and bears a marked similarity to Scottish Country Dancing. It has become associated with the United States of America due to its historic development here. Nineteen US states have designated it as their official state dance. The various square dance movements are based on the steps and figures used in traditional folk dances and social dances of the various people who migrated to the USA.

The "square" consists of four couples (eight dancers) arranged in a square with the man standing to the left of his partner. Couple 1 is the pair with their back to the music; the rest of the couples are numbered counter-clockwise. Couples 1 and 3 are known as the head couples, while Couples 2 and 4 are known as the side couples.

Allemande Left: Dancers face their corners and turn by the left forearm. Releasing armholds and stepping forward, each dancer ends facing his partner.

Allemande Right: Dancers face the person indicated by the caller and turn by the right forearm.

Circle Left or Right: Dancers join hands to form a circle, face slightly left or right as directed and move forward around the circle the distance directed. When left or right is not specified, it is a circle to the left.

Corner: The lady on the man's left (or the man on the lady's right.)

Courtesy Turn: The man extends his left hand to his partner and takes her left hand. He then puts his right hand on the small of her back and turns her around.

Dosado: Dancers advance and pass right shoulders. Without turning, each dancer moves to the right passing in back of the other dancer. Then moving backwards, each passes left shoulders returning to starting position.

Grand Right and Left: Face your partner. Extend right hands and pull by your partner. Then extend left hands and pull by the next dancer. Extend right hands to pull by the 3rd dancer. Finally, extend hands and pull by the 4th dancer.

Head Couple: Couples 1 and 3

Head Couple #1: The couple with their backs to the music.

Home Position: The position in which you start the dance.

Honor Partner or Corner: The man bows to the lady, and the lady curtsies to the man.

Ladies Chain: Ladies go to the center of the circle, extend right hands, and walk around the circle according to the directions of the caller. (2/4, walk to 2nd male dancer; 3/4, walk to 3rd male dancer; full chain, walk around to your partner.) When ladies get to the man, they extend their left hand. The man then puts his right arm around the lady's waist and turns her with a courtesy turn.

Left or Right Hand Star: The directed dancers step forward and extend designated hands to form a left or right hand star. Dancers turn the star by walking forward in a circle around the center of the star. Turning distance of the star may be specified in fractions of one quarter, one half, three quarters, or a complete revolution.

Men's Star by the Right: All four men enter the center of the circle and put their right hands on each others' wrists. They turn a full revolution (360°).

Promenade: Couples stand side-by-side, with the man on the inside of the circle. The man holds the lady's right hand in his right hand, and her left hand in his left with his right arm crossed above the lady's left arm. The couples walk counter-clockwise around the circle. Note: Promenade is a Greek word for "walk."

Right and Left Thru: *Either* Couples 1 and 3 *or* 2 and 4 walk towards the center of the circle. When they get to the couple across from them, they pull through with the right hand. Couples then join left hands so the man can do a courtesy turn.

Side Couples: Couples 2 and 4

Up and Back: Partners hold inside hands, walk to the center of circle, raise their outside hands, and high five the couple across from them.

Weave the Ring: A No-Hands Right And Left Grand
Face your partner. Pass right-shoulders with the first dancer; left-shoulders with the second; right-shoulders with the third; and left-shoulders with the fourth. Note: Boys will walk counter-clockwise, girls clockwise.