

Basic & Mainstream Square Dance Moves - Alphabetic List

- Updated: 2024-05-05

Move	Level	SSD	Move	Level	SSD
Alamo Style	B2	08	Ocean Wave	B2	08
Allemande Left	B1	01	Partner Trade	B2	05
Allemande Thar	MS		Pass The Ocean	B2	09
Arm Turns Left/Right	B1	01	Pass Thru	B1	01
Backtrack	B1	03	Pass to the Center	MS	
Balance	B2	08	Promenade	B1	01
Bend The Line	B1	03	Pull By (see RLG)	B1	01
Box The Gnat	B2	11	Recycle	MS	12
California Twirl	B1	03	Right and Left Grand (RLG)	B1	01
Cast Off 3/4	MS	10	Right and Left Thru	B1	06
Centers In	MS	10	Rollaway	B1	02
Chain Down The Line	B1	05	Run	B2	08
Circle Left/Right	B1	01	Scoot Back	MS	12
Circle To A Line	B1	07	See Saw	B1	
Circulate - All Eight	B1	11	Separate	B1	07
Circulate - Box	B1	12	Shoot The Star	MS	
Circulate - Couples	B1	05	Slide Thru	MS	02
Circulate - Named Dancers	B1	05	Slip The Clutch	MS	
Circulate - Single File	B1	11	Spin Chain Thru	MS	
Circulate - Split	B1	12	Spin The Top	MS	
Cloverleaf	MS		Split Two	B1	07
Courtesy Turn	B1	01	Square Thru	B1	04
Cross Fold	MS	12	Star Left / Right	B1	01
Cross Run	B2	08	Star Thru	B1	02
Dive Thru	B1	03	Step To A Wave	B2	08
Dixie Style	MS		Sweep a Quarter	B2	06
Do Paso	B1		Swing	B1	01
Dosado	B1	01	Swing Thru	B2	08
Double Pass Thru	B1	07	Tag The Line	MS	11
Eight Chain Thru	MS		Thar Family	MS	
Extend	B2	09	Touch 1/4	B2	
Ferris Wheel	B2	10	Trade	B2	05
First Couple Left, Next Right	B1	07	Trade - Partner	B2	10
Flutterwheel	B2	06	Trade By	B2	10
Fold	MS	12	Turn Thru	MS	
Forward and Back	B1	01	U-Turn Back	B1	03
Grand Square	B1	04	Veer Left / Right	B1	05
Half Sashay	B1	02	Walk And Dodge	MS	
Hinge	MS	11	Walk Around The Corner	B1	
Ladies Chain	B1	01	Weave the Ring (see RLG)	B1	01
Ladies In, Men Sashay	B1	02	Wheel and Deal	B2	07
Lead Right/Left	B1	05	Wheel Around	B2	01
			Zoom	B2	09

Notes:

- LEVEL: Basic One (B1), Basic Two (B2), Mainstream (MS)
- SSD: Social Square Dance lesson number (if blank, the move is not usually taught)