

Square Dance Resources

- Resources for new and experienced dancers.

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C&D Square Dance Lessons

<https://www.squaredancecalgary.com/lessons/>

Basic information about the lessons offered by local clubs.

C&D Square Dance Moves

<https://www.squaredancecalgary.com/lessons/square-dance-moves/>

Links to definitions and videos of each individual Basic, Mainstream and Plus move.

Basic & Mainstream Square Dance Moves

<http://www.squaredancecalgary.com/wp-content/uploads/Moves-BMS.pdf>

A one-page list of all Basic & Mainstream square dance moves.

Taminations

<https://www.tamtwirlers.org/taminations/#?main=LEVELS>

The Tam Twirlers club offer excellent animations of all Basic, Mainstream and Plus moves. The program is available for free download on Apple phones and tablets, enabling you to look up a move while at a dance.

North Shore Squares

<https://www.northshoresquares.com/copy-of-alphabetical-club-50-videos>

This club provides videos of individual square dance moves in the mainstream program. It is a recommended resource for new dancers.

Video Square Dance Lessons

<https://videosquaredancelessons.com/lessons/>

The Saddlebrook Squares club offers videos of Basic and Mainstream moves. Several moves are included in each video, so that you can see how different moves flow smoothly together.