



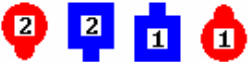


S協HPに掲載されていた勝亦氏、島田氏、荒木氏、篠ヶ谷氏、金子氏のコールを勉強させていただきました。(ボデー・フロー CW, CCW)

更新日:2020-07-16

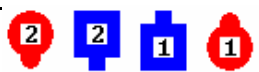


| Basic 1 | Basic 2 | Basic 3 | Basic 4 |
|--|---------------|---|---|
| right and left thru | square thru 4 | lead right | touch 1/4 |
| star thru CW→CCW | U-turn back | california twirl CCW→ | zoom 2 TIMES |
| REVERSE flutter wheel | box the gnat | (right and left thru , flutter wheel) | girls run |
| flutter wheel | square thru 3 | star thru | box the gnat CCW→ |
| star thru | U-turn back | (right and left thru , 1/2 sashay) | (R/L , FL/W , VL) |
| pass thru | box the gnat | pass thru | bend the line |
| partner trade | square thru 2 | U-turn back | your home |
| your home | partner trade | your home | |
| | your home | | (略語) |
| | | | R/L=right and left thru |
| | | | FL/W=flutter wheel |
| | | | VL=veer left |
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★ボデー・フローが良いところはコールに色付けしました。 ■■■ ★ボデー・フローを壊しているところは■



★ボデー・フローが良すぎると目が回ると言われています。どこでボデー・フローを壊すかもダンスの醍醐味です。その辺を学習します。

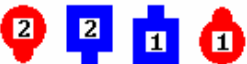
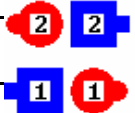
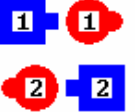

| Basic 5 | Basic 6 | Basic 7 | Basic 8 |
|-----------------------------------|---|---|---|
| (right and left thru , roll away) | pass thru | (R/L , VL) | square thru 3 |
| touch 1/4 | (california twirl , REV:FL/W) | girls trade | (courtesy turn , flutter wheel) |
| boys run | sweep 1/4 | boys trade | veer left |
| pass the ocean | veer right | couples trade | girls trade |
| swing thru | boys trade | wheel and deal | partner trade |
| boys run | couples trade | your home | boys trade |
| (chain down the line , FL/W) | bend the line | | couples trade |
| sweep 1/4 | your home | | bend the line |
| your home | | | star thru |
| |  |  | your home |
| | | (G-TR , B-TR , CP-TR , W/D) | |
| | (B-TR , CP-TR , BL) | |  |
| | (略語) | (略語) | |
| | REV=reverse | G-TR=girls trade | (G-TR , P-TR , B-TR , CP-TR , BL) |
| | B-TR=boys trade | B-TR=boys trade | (略語) |
| | CP-TR=couples trade | W/D=wheel and deal | P-TR=partner trade |
| | BL=bend the line | | BL=bend the line |

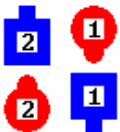

| Basic 9 | Basic 10 | Basic 11 | Basic 12 |
|----------------|-----------------------|---------------|--------------------------------|
| pass the ocean | square thru 4 | square thru 4 | (R/L , roll away) |
| swing thru | boys run | boys run | pass thru |
| boys run | box circulate 2 TIMES | girls run | boys run |
| bend the line | girls run | pass thru | box circulate |
| pass thru | touch 1/4 | girls run | girls run |
| boys run | box circulate 2 TIMES | boys run | (wheel around , flutter wheel) |
| box circulate | boys run | star thru | your home |
| boys run | your home | your home | |
| your home | | | |
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| Basic 13 | Basic 14 | Basic 15 | Basic 16 |
|---|---------------------|---|---|
| touch 1/4 | star thru | (R/L , ladies chain) | touch 1/4 |
| zoom | (R/L , FL/W) | star thru | girls run |
| boys run | sweep 1/4 | pass the ocean | star thru |
| (REV:FL/W , veer right) | right and left thru | swing thru | california twirl |
| boys trade | your home | girls trade | (R/L , VL) |
| wheel around | | boys trade | boys trade |
| girls trade | | swing thru | wheel and deal |
| bend the line | | boys run | veer left |
| your home | | boys trade | veer right |
| | | BL | (P-TR , REV:FL/W) |
|  | | star thru | your home |
| | | your home | |
| (B-TR , W-AR , G-TR , BL) | | |  |
| (略語) | |  | (B-TR , W/D) |
| W-AR=wheel around | | (B-TR , BL) | (略語) |
| | | | W/D=wheel and deal |
| | | | |

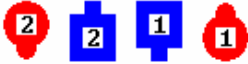
| Basic 17 | Basic 18 | Basic 19 | Basic 20 |
|---------------------------------------|-------------------|-----------------------|--------------------|
| (R/L , VL) | square thru 4 | touch 1/4 | (R/L , FL/W) |
| (chain down the line , flutter wheel) | partner trade | box circulate 2 TIMES | sweep 1/4 |
| sweep 1/4 | square thru 3 | boys run | pass the ocean |
| ladies chain (cw ??) | california twirl | partner trade | girls trade |
| 1/2 sashay | square thru 2 | pass the ocean | swing thru |
| star thru | girls U-turn back | girls run | boys cross run |
| california twirl | boys run | boys trade | LEFT swing thru |
| (R/L , ladies chain) | (R/L , VL) | wheel and deal | boys trade |
| star thru | wheel and deal | box the gnat | boys run |
| your home | your home | square thru 2 | wheel and deal |
| | | face in | touch 1/4 |
| | | your home | face in |
| | | | your home |
| | | | |
| | | | (B-TR , B-R , W/D) |
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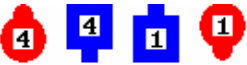

| Basic 21 | Basic 22 | Mainstream 1 | Mainstream 2 |
|--------------------------------|---|-----------------------|--|
| pass the ocean | star thru | pass the ocean | square thru 4 |
| boys run | (R/L , VL) | swing thru | boys run |
| [wheel and deal] and sweep 1/4 | girls trade | spin the top | scoot back |
| LEFT touch 1/4 | wheel around | hinge | hinge |
| box circulate | boys trade | box circulate 2 TIMES | girls trade |
| girls run | bend the line | girls U-turn back | girls run |
| [flutter wheel] and sweep 1/4 | pass the ocean | slide thru | 1/2 tag |
| right and left thru | pass thru | your home | box circulate 2 TIMES |
| touch 1/4 | (wheel around , flutter wheel) | | face in |
| boys run | star thru | | your home |
| (P-TR , REV:FL/W) | your home | | |
| sweep 1/4 | | |  |
| ladies chain |  | | |
| 1/2 sashay | | | (G-TR , G-R , 1/2 tag) |
| star thru | (G-TR , W-AR , B-TR , BL) | | |
| face in | | | (略語) |
| your home | | | G-R=girls run |
| | | | |

| Mainstream 3 | Mainstream 4 | Mainstream 5 | Mainstream 6 |
|---|---|---|--|
| pass the ocean | touch 1/4 | touch 1/4 | square thru 4 |
| swing thru | girls run | scoot back 2 TIMES | boys run |
| boys run | box the gnat | hinge | walk and dodge |
| (tag the line ; face left) | right and left thru | boys trade | partner trade |
| boys trade | square thru 4 | spin the top | right and left thru |
| cast off 3/4 | girls run | right and left thru | square thru 4 |
| your home | box circulate | touch 1/4 | boys run |
|  | scoot back | scoot back | walk and dodge |
| (B-TR , CA3/4) | girls run | hinge | partner trade |
| | (wheel around , flutter wheel) | girls trade | your home |
| | your home | recycle |  |
| |  | slide thru | |
| | | your home | |
| | | | (B-R , W-DOG , P-TR) |
| | (G-R , BOX-N , R/L) |  | (略語) |
| | (略語) | | W-DOG=walk and dodge |
| | BOX-N=box the gnat | (G:TR , recycle) | |
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| Mainstream 7 | Mainstream 8 | Mainstream 9 | Mainstream 10 |
|--|--|--------------------------------|----------------|
| pass the ocean | pass the ocean | lead right | slide thru |
| swing thru | girls run | (CAL-TW , REV:FL/W , DX-ST) | touch 1/4 |
| cast off 3/4 | 1/2 tag | boys trade | box circulate |
| scoot back | scoot back | LEFT swing thru | zoom |
| cast off 3/4 | hinge | girls run | girls run |
| boys trade | (boys trade , boys run) | wheel and deal | pass the ocean |
| boys run | 1/2 tag | your home | spin the top |
| (tag the line ; face left) | walk and dodge | | turn thru |
| bend the line | partner trade | | your home |
| your home | your home | | |
|  |  | (略語) | |
| | | CAL-TW=california twirl | |
| | | REV:FL/W=REVERSE flutter wheel | |
| (CA3/4 , B-TR , B-R , TAG-L) | | DX-ST=dixie style to a wave | |
| (略語) | (1/2 tag , SCT-B , HNG , B-TR , B-R) | | |
| CA3/4=cast off 3/4 | (略語) | | |
| TAG-L=tag the line | SCT-B=scoot back | | |
| | HNG=hinge | | |

| Mainstream 11 | Mainstream 12 | Mainstream 13 | Mainstream 14 |
|---|--|---------------------------------------|--|
| pass the ocean | (R/L , dixie style to a wave) | (R/L , dixie style to a wave) | touch 1/4 |
| swing thru | boys trade | swing thru | box circulate |
| boys run | hinge | (chain down the line ; flutter wheel) | walk and dodge |
| (1/2 tag , SCT-B , boys fold) | girls run | touch 1/4 | girls run |
| girls U-turn back | (wheel around , dixie style to a wave) | zoom | scoot back |
| touch 1/4 | boys trade | boys U-turn back | walk and dodge |
| boys run | hinge | face in | partner trade |
| bend the line | walk and dodge | your home | pass the ocean |
| your home | (wheel around , flutter wheel) | | recycle |
|  | your home | | your home |
| (1/2 tag , SCT-B , B:fold) | | |  |
| (略語) | | | (G-R , SCT-B , W-DOG , P-TR) |
| B:fold=boys fold | | | |
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| Mainstream 15 | Mainstream 16 | Mainstream 17 | Mainstream 18 |
|---------------|---|-------------------------------|----------------------------------|
| square thru 3 | pass the ocean | (R/L ; dixie style to a wave) | pass the ocean |
| cloverleaf | (recycle ; REV:FL/W ; dixie style to a wave) | step thru | swing thru |
| square thru 2 | boys cross run | cloverleaf | spin the top |
| cloverleaf | girls trade | touch 1/4 | (right and left thru ; 1/4 more) |
| square thru 4 | swing thru | scoot back | (wheel and deal ; veer left) |
| cloverleaf | boys run | walk and dodge | tag the line |
| square thru 3 | girls trade | cloverleaf | girls U-turn back |
| face in | wheel and deal | 1/2 sashay | slide thru |
| your home | your home | your home | (wheel and deal ; sweep 1/4) |
| | | | your home |
| |  | | |
| | (B-X-R , G-TR , SW) | | |
| | (略語) | | |
| | B-X-R=boys cross run | | |
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| Mainstream 19 | Mainstream 20 | Mainstream 21 | Mainstream 22 |
|---|-------------------------------|---|---------------------------|
| veer left | square thru 4 | face right | Dosado make an ocean wave |
| wheel and deal | boys run | box circulate | swing thru |
| california twirl | box circulate | scoot back | spin the top |
| 1/2 sashay | (boys run ; REV:FL/W ; DX-ST) | hinge | (R/L ; flutter wheel) |
| cloverleaf | boys trade | boys trade | sweep 1/4 |
| pass the ocean | LEFT swing thru | LEFT swing thru | your home |
| boys trade | girls run | (G-TR , G-X-R , SW) | |
| boys run | wheel around | girls run | |
| wheel and deal | girls trade | 1/2 tag | |
| 1/2 sashay | (wheel and deal ; REV:FL/W) | (boys run ; REV:FL/W) | |
| pass thru , cloverleaf | pass the ocean | sweep 1/4 | |
| 1/2 sashay , pass thru | girls run | flutter wheel | |
| cloverleaf | bend the line | your home | |
| your home | pass thru | | |
|  | cloverleaf |  | |
| (B-TR , B-R , W/D) | square thru 2 | | |
| | U-turn back | (SCT-B , HNG , B-TR , L:SW) | |
| | your home | | |

| Mainstream 23 | Mainstream 24 | Mainstream 25 | Mainstream 26 |
|---------------------------|-------------------------------|--------------------|-------------------------------|
| Dosado make an ocean wave | (R/L ; dixie style to a wave) | square thru 3 | pass the ocean |
| swing thru | (centers trade ; centers run) | face your partner | (R/L ; dixie style to a wave) |
| boys run | wheel and deal | swing thru | boys trade |
| (girls trade ; girls run) | touch 1/4 | hinge | hinge |
| boys run | box circulate 2 TIMES | scoot back 3 TIMES | box circulate |
| couples trade | walk and dodge | box circulate | (girls run ; flutter wheel) |
| bend the line | girls run | boys run | slide thru |
| face in | boys run | your home | your home |
| your home | your home | | |
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| Mainstream 27 | Mainstream 28 | Mainstream 29 | Mainstream 30 |
|-------------------------------|------------------|---|---------------|
| Dosado make an ocean wave | touch 1/4 | (R/L ; dixie style to a wave) | square thru 4 |
| (R/L ; dixie style to a wave) | scoot back | boys trade | boys run |
| boys trade | box circulate | boys run | scoot back |
| hinge | walk and dodge | centers trade | boys run |
| scoot back 2 TIMES | california twirl | centers run | square thru 4 |
| walk and dodge | spin the top | recycle | U-turn back |
| (partner trade ; REV:FL/W) | hinge | face in | box the gnat |
| your home | box circulate | your home | your home |
| | girls run | | |
| | face in |  | |
| | your home | | |
| | | (B-TR , B-R , G-TR , G-R) | |
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| Mainstream 31 | Mainstream 32 | Mainstream 34 | Mainstream 35 |
|--------------------------------------|---------------------------|----------------------------------|------------------------------------|
| (R/L ; FL/W ; boys walk girls dodge) | Dosado make an ocean wave | square thru 4 | touch 1/4 |
| scoot back 2 TIMES | spin the top 2 TIMES | partner trade | (scoot back ; hinge ; girls trade) |
| box circulate 2 TIMES | hinge | (P-O ; girls trade ; swing thru) | girls run |
| boys run | walk and dodge | spin the top 2 TIMES | tag the line |
| your home | boys run | square thru 3 | face right |
| | girls run | U-turn back | (chain down the line ; veer left) |
| | swing thru | your home | 1/2 tag |
| | box the gnat | | scoot back |
| | face in | (略語) | boys run |
| | your home | P-O=pass the ocean | your home |
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| Mainstream 36 | Mainstream 37 | Mainstream 38 | Mainstream 39 |
|---|--------------------------------|---|--------------------------------|
| (R/L ; dixie style to a wave) | turn thru | pass the ocean | pass the ocean |
| boys cross run | (partner trade ; REV:FL/WE) | girls run | girls run |
| girls trade | LEFT touch 1/4 | 1/2 tag | 1/2 tag |
| recycle | scoot back | cast off 3/4 | cast off 3/4 |
| swing thru | walk and dodge | (boys cross run ; girls trade) | (boys cross run ; girls trade) |
| recycle | (wheel around ; flutter wheel) | girls run | girls run |
| face in | sweep 1/4 | (boys trade ; cast off 3/4) | (boys trade ; cast off 3/4) |
| your home | your home | your home | your home |
| | | | |
|  | |  | |
| (B-X-R , G-TR , RC) | | (G-R , 1/2 tag , CA3/4) | |
| | | | |
| (略語) | | | |
| RC=recycle | | | |
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| Mainstream 40 | Mainstream 41 | Mainstream 42 | Mainstream 43 |
|---------------------------------------|-------------------------|-------------------------|---------------------------------------|
| square thru 4 | square thru 4 | square thru 2 | square thru 2 |
| california twirl | partner trade | partner trade | boys run |
| pass thru | slide thru | pass the ocean | walk and dodge |
| boys run | touch 1/4 | swing thru | (P-TR ; REV:FL/W) |
| walk and dodge | scoot back | boys run | sweep 1/4 |
| partner trade | boys run | bend the line | veer right |
| slide thru | pass thru | pass thru | wheel and deal |
| (right and left thru ; veer left) | (boys run ; scoot back) | (boys run ; scoot back) | slide thru |
| (chain down the line ; flutter wheel) | boys run | (hinge ; girls trade) | (right and left thru ; flutter wheel) |
| slide thru | right and left thru | recycle | slide thru |
| your home | slide thru | veer left | your home |
| | your home | bend the line | |
| | | slide thru | |
| | | your home | |
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| Mainstream 44 | Mainstream 45 | Mainstream 46 | Mainstream 47 |
|---------------------------------------|-----------------------------------|-----------------------------|---|
| square thru 3 | square thru 3 | star thru | turn thru |
| (boys run ; girls run ; box the gnat) | partner trade | pass thru | cloverleaf |
| right and left thru | (right and left thru ; roll away) | cloverleaf | turn thru |
| pass the ocean | pass the ocean | pass thru | courtesy turn |
| swing thru | swing thru | cloverleaf | (right and left thru ; veer left) |
| spin the top | girls run | pass the ocean | (1/2 tag ; scoot back ; walk and dodge) |
| right and left thru | bend the line | (swing thru ; cast off 3/4) | partner trade |
| (FL/W ; REV:FL/W) | star thru | walk and dodge | turn thru |
| your home | california twirl | partner trade | (courtesy turn ; flutter wheel) |
| | touch 1/4 | pass thru | sweep 1/4 , Twice |
| | walk and dodge | cloverleaf | your home |
| | (P-TR ; REV:FL/W) | pass thru | |
| | flutter wheel | cloverleaf | |
| | your home | slide thru | |
| | | your home | |
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| Mainstream 48 | Mainstream 49 |
|-----------------------------------|---|
| pass the ocean | (right and left thru ; ladies chain) |
| recycle | pass the ocean |
| veer left | swing thru |
| tag the line | boys run |
| face right | 1/2 tag |
| bend the line | walk and dodge |
| pass thru | partner trade |
| U-turn back | pass thru |
| (right and left thru ; veer left) | cloverleaf |
| tag the line | pass the ocean |
| face left | (swing thru ; cast off 3/4 , W-DOG) |
| wheel and deal | partner trade |
| your home | slide thru |
| | your home |
| | |
| |  |
| | (SW , CA3/4 , W-DOG) |