Advanced dancing continues to expand and grow in popularity. Ten years ago no one would have imagined such strides would occur. But with growth has come a watering down of the product. Many callers are calling quasi-Advanced, which is a term which has come to mean one Advanced call from one memorized position followed by 15-20 Mainstream and Plus calls from standard positions, then one more Advanced call. This is not Advanced, it is not Plus All-Position, it is nothing more than Plus with a few additional calls.

The big weakness I see among countless Advanced dancers today is a failure to understand Mainstream and Plus calls. Callers are not working Mainstream and Plus calls DBD (dance by definition) or APD (all position dancing) nearly enough with Advanced dancers.

We know that DBD is not a requirement for the Mainstream and Plus plateaus - it is an option and many, if not most, MS and Plus clubs do not use much DBD. Fine. But Mainstream and Plus DBD is a requirement for Advanced, and the only way dancers are going to learn it is for the callers to call it.

Why is MS and Plus DBD a requirement for Advanced? Because these plateaus constitute the very foundation of square dancing. If we are going to build on top of this foundation with an additional plateau, the underlying foundation must be strong. If a building does not have a strong foundation, it will crumble when a superstructure is added, and the same idea also applies to dancers attempting Advanced.

A-1 has become an increasingly popular plateau. It is at this program where callers should teach and constantly call MS and Plus DBD. Somewhat less MS and Plus DBD can be called at A-2, but it must not be eliminated - otherwise the dancers will lose their strong foundation.

Basic rules of thumb:

1. In teaching A-1, for every Advanced call taught, a Mainstream or Plus call should be reviewed DBD.

DBD is only appropriate for about 40 of the MS and Plus calls. This means that when the dancers have completed learning A-1, they will also have completed absorbing a solid foundation for the MS and Plus calls. (See other side for list of calls to cover DBD.)

2. In calling an A-1 dance, 1/3 of the dance should be devoted to MS and Plus calls from a wide variety of positions.

Many callers become so enthralled with the Advanced calls that they forget about the MS and Plus calls. Don't forget! The dancers need constant repetition of MS and Plus DBD so it will sink in.

3. In calling an A-2 dance, 10% of the dance should be applied to All-Position for the MS and Plus calls.

Don't let the dancers lose their foundation. Continue a maintenance program by sprinkling in a variety of positions for MS and Plus.

Summary: If you are going to be involved with Advanced, then do it correctly. Give the dancers the solid foundation they need and keep providing it to them. Accept this responsibility to the dancers and to the activity and carry it out with diligence.
MAINSTREAM & PLUS DANCE BY DEFINITION

It is the responsibility of callers to use various positions of Mainstream and Plus at every Advanced dance and workshop they call. This constant repetition will result in dancers having a strong foundation in the basic calls. A strong foundation in the basics makes for confident dancers, and confident dancers learn quicker and break down less often. Here are some examples:

Mainstream Program

1. All 8 Circulate from:
   A. Left-hand waves
   B. Inverted lines
   C. 3 & 1 lines

2. Spin the Top from:
   A. Facing lines
      1. Normal boy-girl couples
      2. 1/2 sashayed couples

3. Fan the Top from:
   A. Facing couples - including
      1/2 sashayed
   B. Two-faced lines

4. Pass to the Center from:
   A. 8 Chain Thru - 1/2 sashayed couples

5. Wheel & Deal from:
   A. Facing lines

6. Scoot Back from:
   A. Left-hand waves, using same sex & mixed sex waves

7. Slide Thru from:
   A. Same sexes facing from:
      1. Facing lines
      2. 8 Chain Thru

8. Peel Off from:
   A. Starting DPT
   B. Columns

   Note: This paper was written before Peel Off moved to Plus

Plus Program

1. Coordinate from:
   A. 1/2 sashayed lines: ie.
      Touch 1/4, Coordinate
   B. Same sex lines: ie.
      Touch 1/4, Coordinate
   C. Left-hand columns, with
      sexes in various locations

2. Diamond Circulate and
   Flip the Diamond from:
   A. Left-hand diamonds
   B. Facing diamonds
   C. Point-to-point diamonds

3. Follow Your Neighbor from:
   A. Right-hand waves when
      preceded by a Swing Thru
   B. Left-hand waves
   C. Mixed sex waves

4. Load the Boat from:
   A. Starting DPT:
      Centers Load the Boat
   B. Facing lines: all do the
      centers part of Load the Boat

5. Teacup Chain
   A. Men's Teacup Chain: ie.
      Head men center - side men
      right

6. Peel the Top from:
   A. Right-hand waves, boys are ends:
      Boys Fold, Peel the Top
   B. Left-hand waves, girls as ends
      and boys as ends: Ends Fold,
      Peel the Top
   C. Right-hand & left-hand columns

7. Roll, such as:
   A. Peel Off & Roll
   B. Wheel & Deal & Roll
   C. Ferris Wheel & Roll
   D. Fan the Top & Roll
   E. Roll added to all Advanced
      calls where possible

8. Relay the Deucey from:
   A. Right-hand waves - boys are centers
   B. Mixed sex right-hand waves
   C. Left-hand waves - various
      sex combinations

9. Spin Chain and Exchange the Gears from:
   A. Right-hand waves - boys are centers
   B. Mixed sex right-hand waves
   C. Left-hand waves - various
      sex combinations