

MOUNT BAKER
COUNCIL



WELCOME
to



SQUARE DANCING

2025-2026



Welcome to the world of Square Dancing!



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Welcome to the World of Square Dancing!

On behalf of the Mt. Baker Council, congratulations for venturing into the world of Square Dancing!

Square dancing is so much fun that you will be smiling within minutes, laughing, and wanting to keep on dancing. You will dance to all types of music including golden oldies, rock, country, and contemporary. It's great physical exercise and it's also good mental exercise. You will meet some of the best people and make new friends.

Square dancing provides a great sense of accomplishment and teamwork. There are a lot of moves to learn as well as a whole new language. It takes practice and dedication to complete the Mainstream Square Dance Program but it's so worthwhile. We hope that your success will be fueled by the fun and friendships you enjoy over the next few months. You will have opportunities to support your local clubs, visit other clubs, and attend the various state festivals and special dances.

There are several different levels of square dancing:

Social Square Dancing (SSD) is a fun, entry-level destination dance program. Beginners can learn it (Standard Application) in 18 to 22 hours. Dancers are encouraged to dance that program, and to recruit their friends, with no pressure to move up to higher levels/programs.

Basic Square Dancing includes approximately 51 moves. These moves are included as part of the mainstream lessons.

Mainstream Square Dancing includes the 51 basic moves and approximately 21 more moves. There are ten mainstream dance clubs in our Council from Kirkland to the Canadian border. Each week builds upon the steps that you learned the week before. It is important that you attend each week and practice.

Plus Square Dancing advances on the mainstream levels and adds about 30 more new moves for a total of 100 moves. There are two plus clubs in our area: Cascade Crossfires and Fidalgo Fogcutters.

Advanced Square Dancing is a highly structured program and includes all the calls on the Advanced Program list which number 180+ moves. There is one advance club dancing within our area: A-Blast.

Dancing

While you are taking lessons, you'll want to attend no experience and/or student level dances. No experience dances, such as the First Friday Fun Fest hosted by the Whirlybirds, are open to all, new or experienced dancers. This is one of the highest attended dances each month with 10 or more squares dancing. Level dances are held by different clubs throughout the lessons. These dances are called to the levels taught to the majority of the students at that time. These are great dances to attend. You get to practice what you've learned and meet students from other clubs. No partner is needed to attend.

Once you graduate, you'll attend mainstream dances. These dances include a variety of the steps you've learned. Each caller uses different combinations of steps to keep you moving. Most clubs hold mainstream dances on a routine basis from September through June. See page 18 for more information. Flyers from the different clubs will usually specify which type of dance they are offering.

To continue progressing, you'll want to take Plus lessons. Plus graduates can attend Plus Dances. In addition, many mainstream clubs set aside a tip or two for plus dancing.

To progress even further, you can take advanced lessons and attend their dances after graduation.

In addition, there will be Council Dances each fall and spring. These dances are an opportunity for all clubs to join together and dance. Be sure to watch for the announcements and flyers for these dances.

There are also other special dances throughout the year supporting charities such as the annual Alzheimer Research, Toys for Tots, and Fisher House.

Round Dancing is another important part of many square dance clubs. "Rounds" are very much like ballroom dances. The dancers, in couples, dance in a circle, hence the name Round Dancing. The movements are similar to ballroom dancing steps, with Waltz, Cha-Cha, Fox-trot, Swing, Two-step and other rhythms being used. A Cuer, much like a caller, prompts the dancers as they glide across the floor. There are two round dancing clubs in the Mount Baker Council and both offer lessons: Dancing Shadows and Happy Rounders.

Square Dance Terms & Definitions

Angel - Experienced dancers who volunteer their time to help guide movements for new dancers.

Caravan - A scheduled visitation to another club wearing club specific colors.

Caller - A person who "calls" the square dance by speaking, or singing out a dance maneuver which the dancers then execute.

Cuer - A person who cues a round dance by speaking out a dance maneuver which the dancers then execute.

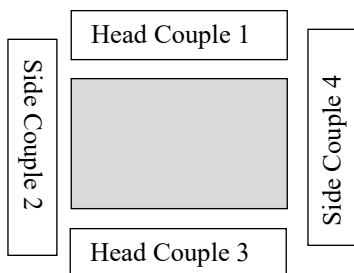
Hot Hash - A patter call where the tempo of the calling is done at a fast pace and the dancers flow from one move to another without pauses.

Patter Call - Patter calls are based on a quick succession of spoken or sing-song delivered dance maneuvers to practice moves.

Plus Tip - A set of two Plus square dances usually starting with a Patter Call followed by a Singing Call.

Singing Call - Singing calls are based on a sung delivery of calls, most often to a recognizable melody, and square dance calls are mixed in with the song's original lyrics.

Square - The group of eight people who are dancing together. It consists of 4 couples (right and left hand dancers, not necessarily male and female dancers). The couples are designated "Heads" and "Sides". The head couples (#1 and #3) are in line with the stage. The side couples (#2 and #4) face each other and are to the right or left of the head couple.



Tip - A set of two Mainstream square dances usually starting with a Patter Call followed by a Singing Call.

SQUARE DANCE MOVES

BASIC PROGRAM—PART 1

- ☐ 1. Circle Left / Circle Right
- ☐ 2. Forward and Back
- ☐ 3. Dosado / Dosado to a Wave
- ☐ 4. Swing
- ☐ 5. Promenade Family
 - ☐ A. Couples (Full, 1/2, 3/4)
 - ☐ B. Single File Promenade
 - ☐ C. Wrong Way Promenade
 - ☐ D. Star Promenade
- ☐ 6. Allemande Left
- ☐ 7. Arm Turns
- ☐ 8. Right and Left Grand Family
 - ☐ A. Right and Left Grand
 - ☐ B. Weave the Ring
 - ☐ C. Wrong Way Grand
- ☐ 9. Left hand Star / Right Hand Star
- ☐ 10. Pass Thru
- ☐ 11. Half Sashay Family
 - ☐ A. Half Sashay
 - ☐ B. Roll away
 - ☐ C. Ladies in, Men Sashay
- ☐ 12. Turn Back Family
 - ☐ A. U-Turn Back
 - ☐ B. Backtrack
- ☐ 13. Separate
 - ☐ A. Around 1 or 2 to a Line
 - ☐ B. Around 1 or 2 come to the middle
- ☐ 14. Split Two
- ☐ 15. Courtesy Turn
- ☐ 16. Ladies Chain Family
 - ☐ A. Two Ladies Chain (Reg & 3/4)
 - ☐ B. Four Ladies Chain (Reg & 3/4)
 - ☐ C. Chain Down The Line
- ☐ 17. Do Paso
- ☐ 18. Lead Right / Lead Left
- ☐ 19. Veer Left / Veer Right
- ☐ 20. Bend the Line
- ☐ 21. Circulate Family
 - ☐ A. (Named Dancers) Circulate
 - ☐ B. Couples Circulate
 - ☐ C. All Eight Circulate
 - ☐ D. Single File Circulate
 - ☐ E. Split / Box Circulate
- ☐ 22. Right and Left Thru
- ☐ 23. Grand Square
- ☐ 24. Star Thru
- ☐ 25. Double Pass Thru
- ☐ 26. First Couple go Left/Right
Next couple go Left/Right
- ☐ 27. California Twirl
- ☐ 28. Walk Around the Corner
- ☐ 29. See Saw

- ☐ 30. Square Thru (1,2,3,4)/Left Square Thru
- ☐ 31. Circle To a Line
- ☐ 32. Dive Thru

BASIC PROGRAM—PART 2

- ☐ 33. Wheel Around / Reverse Wheel Around
- ☐ 34. Box the Gnat
- ☐ 35. Trade Family
 - ☐ A. Trade
 - ☐ B. Partner Trade
 - ☐ C. Couples Trade
- ☐ 36. Ocean Wave Family
 - ☐ A. Step To a Wave
 - ☐ B. Balance
- ☐ 37. Alamo Style
- ☐ 38. Swing Thru / Left Swing Thru
- ☐ 39. Run / Cross Run
- ☐ 40. Pass The Ocean
- ☐ 41. Extend
- ☐ 42. Wheel and Deal
- ☐ 43. Zoom
- ☐ 44. Flutterwheel / Reverse Flutterwheel
- ☐ 45. Sweep a Quarter
- ☐ 46. Trade By
- ☐ 47. Touch a Quarter (1/4)
- ☐ 48. Ferris Wheel

MAINSTREAM PROGRAM

- ☐ 1. Cloverleaf
- ☐ 2. Turn Thru
- ☐ 3. Eight Chain Thru / 1,2,3, etc
- ☐ 4. Pass to the Center
- ☐ 5. Thar Family
 - ☐ A. Allemande Thar
 - ☐ B. Allemande Left to a Thar
 - ☐ C. Wrong Way Thar
- ☐ 6. Slip The Clutch
- ☐ 7. Shoot the Star
- ☐ 8. Single Hinge / Couples Hinge
- ☐ 9. Centers in
- ☐ 10. Cast off 3/4
- ☐ 11. Spin the Top
- ☐ 12. Walk and Dodge
- ☐ 13. Slide Thru
- ☐ 14. Fold / Cross Fold
- ☐ 15. Dixie Style to an Ocean Wave
- ☐ 16. Spin Chain thru
- ☐ 17. Tag the Line Family
 - ☐ A. Tag In /Out /Left /Right
 - ☐ B. Fraction Tag (1/2, 1/2, 3/4)
- ☐ 18. Scoot Back
- ☐ 19. Recycle

Square Dance Attire

It is nice to know that at a square dance there is something “special” about the way we dress. Folks who see you dressed up know you’re a square dancer. It’s not a uniform: it’s stepping into a role that makes your square dance night something special. It’s your individuality that’s showing. The way we dress reflects the way we feel about square dancing. Many square dancers enjoy wearing the traditional square dance attire, including full skirts, petticoats and pettipants for ladies and western shirts for men.

However, modern square dance attire is as varied as the music played and the people participating in the activity. While many dancers still enjoy getting dressed up in their traditional attire, it’s certainly not required at most events. Whether you throw on some nice slacks or just your favorite pair of jeans, the most important part of your square dance attire will always be your dancing shoes—no matter what style they are!

The basic, casual attire for a man might be a lightweight, long-sleeved shirt, T shirt, or polo shirt, a nice pair of jeans/slacks and comfortable leather-soled or crepe-soled shoes. The lady’s basic, casual outfit might also be a blouse and jeans/slacks or could be a light-weight, full skirt and blouse or a dress with a full skirt and petticoat. Flat, comfortable leather-soled shoes or ones with a sliver of a heel that do not mark or damage the floor and slide work best.

When you join a club and caravan to other club’s dances, you will wear your club’s caravan outfit or colors to distinguish your presence at the dance. Each club has a unique caravan outfit and a specific color or two.

Typically, a sash (or a “Boy”, “Left Hand Dancer”, or other type of badge) is worn by a lady dancing in the left hand position (traditionally the man’s side) to let other dancers and the caller easily distinguish the change.

Seven Ways to Become a Good Square Dancer

1. Be a good listener. Remember, you dance according to how the caller instructs. That's why "listening" is the most important thing in square dancing. Not only is talking during a square dance discourteous to the others in your square and the caller, but it makes it difficult for the other dancers to hear the instructions.
2. Square dancing is a community activity and is one of the friendliest activities you'll ever know. Welcome newcomers and introduce yourself!
3. Your square is your team. Work together to make it successful for everyone.
4. Practice, practice, and more practice. The quicker all the square dance terms form a pattern in your thinking, the quicker you actually become a good square dancer, and the more automatic your movements become.
5. Form squares quickly! When your caller starts the music, it means break time is over. Don't hold up the show, go get in a square! If you don't have a partner, just raise your hand.



6. Don't get discouraged. Whether you feel that you're slower than the rest or whether everybody else is slower than you, be patient. This is an activity to learn new things. It may take time to get accustomed to new callers. Change squares often. It's a great opportunity to meet new people!
7. Have fun! After all, square dancing isn't square dancing unless its prime purpose of having fun is accomplished. Above all else, enjoy yourself!

A Quick Guide to Square Dance Behavior

Square dancing is all about pleasure: the pleasure of calls well executed, the pleasure of a good laugh if your square breaks down, and the pleasure of a social activity in a friendly atmosphere of mutual respect and cooperation. To keep square dancing pleasurable, it is important to observe a few guidelines.

1. Avoid drinking and drugs that may affect your reaction time and cause you to break down a square (or even cause serious injuries).
2. Practice good hygiene. It can make a big difference to your fellow dancers.
3. In most clubs, dancers form new sets by squaring up randomly. It is considered unfriendly and discourteous to pass by a forming square to look for another.
4. The Golden Rule: once in a square, under no circumstances abandon it. This is true if someone is injured. Members in the square should surround the ill or injured person with uplifted arms to notify the caller or other persons in charge. See page 23 for more information.
5. Help your square be its best. Be friendly. If you see a need to direct a fellow dancer, be sure that you are correct, and be gentle in your assistance. Take care not to hurt other dancer's feelings or be critical. Remember, we all make mistakes and the next one might be yours.



Join a Club

What's next after you graduate from Mainstream lessons? Join a club!

Square Dance Clubs are the most important part of square dancing. Clubs provide an additional social activity for people to come together and have fun. Each club has its own unique activities throughout the year. Some examples include a Mystery Caravan, game nights, card making classes, picnics, campout, etc.

There is no limit to the number of clubs you join. (The State Federation and Mt. Baker Council portions of the annual fees are only paid through one club known as your "primary" club.)

Multiple club memberships are not necessary to attend their dances. Consideration when choosing a club (or clubs) should include location, dance schedule, activities, and how you can contribute to the club.

Clubs are nonprofit entities and need officers to operate. Please consider volunteering and providing new ideas. Clubs with a lot of activities require many volunteers. When duties are taken on by a greater number of people, less time is required to complete all the necessary tasks, and everybody has more time to enjoy the fun!

Please join and support a club of your choice!



All Around Dancer Fun Dangle

You can earn this dangle to show you are an all-around dancer, have a great time and sharpen your dance skills! Attend 7 dances at different clubs in the Mt. Baker Council within one year. We've also included the Washington State Festival! See www.sqdance.org for dance information.



Present this sheet when you sign in at the club you visit to obtain a signature from a member of the hosting club.

When you have signatures from **seven** different clubs, including your own home club, give this sheet to your club president, or give / email a photo directly to one of the Student Liaisons:

Lynnea Dunbar lynneadunbar@gmail.com
Grace Maria grace77maria@gmail.com
Camille Miller cam-2@comcast.net
Steve Sworen ssworen@msn.com

Alternatively it can be mailed to Lynnea Dunbar at:
4309 Blue Heron Circle #202, Anacortes WA 98221

Dancers Name: _____

Start Date (must complete 7 within one year): _____

Dancers main club: _____

	Signature	Date
A Blast (Plus, A1-A2)	_____	_____
Cascade Crossfires (Plus)	_____	_____
Dancing Shadows (Round)	_____	_____
Dudes & Dolls	_____	_____
Fern Bluff Squares	_____	_____
Fidalgo Fogcutters (Plus)	_____	_____
Freewheelers	_____	_____
Happy Hoppers	_____	_____
Happy Rounders (Round)	_____	_____
Mt. Baker T, C& C	_____	_____
Rainbow Squares	_____	_____
Samena Squares	_____	_____
Shooting Stars	_____	_____
Skagit Squares	_____	_____
Sky Valley Whirlwinds	_____	_____
Square Crows	_____	_____
Whirlybirds	_____	_____
Council Dance (Fall)	_____	_____
Council Dance (Spring)	_____	_____
Washington State Festival	_____	_____

Bars/Dangles: What are they?

How do I get them?

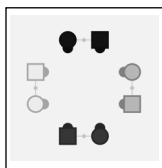
Each square dance club has a specifically designed name badge for its members. Often, as students, you will receive a “student” bar to attach to your name badge. Once you graduate, this will be replaced with a “graduate” bar which is also attached to your badge.



In addition, clubs give out dangles for different occasions. If you volunteer as an angel at lessons, some clubs will give you an “angel” dangle to attach to your name badge. Clubs will also distribute dangles for special events (i.e., club anniversaries, mystery caravans, hot hash hoedown, special callers, all around dancer, etc.).

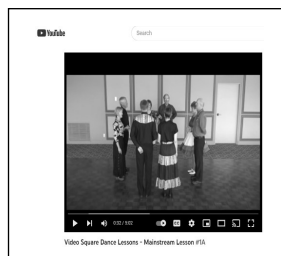


Resources for Learning & Reviewing Moves/Steps



Taminations: You can find animations for square dance calls from Basic through C-3B at [https:// www.tamtwirlers.org/taminations](https://www.tamtwirlers.org/taminations).

Another way to practice new steps is by watching video Square Dance Lessons online at [YouTube Video Square Dance Lessons](https://www.youtube.com/watch?v=...).



Resources

Mt. Baker Council Notes

Each month, the Mount Baker Council Notes are published and mailed to its members. It includes a message from the Council President, ads for that month's dances and workshops, a calendar of events, and minutes from the monthly Council meeting. You will start receiving these newsletters about 6 weeks after you start lessons.

Footnotes

Our state magazine is published online monthly except July and August by the Square & Folk Dance Federation of Washington. The magazine includes information from all clubs in the state of Washington and has a number of regular columns written by dancers, as well as callers and cuers, on subjects that are both informative and of current interest. This is a great source for all dances within our state. Take the time to get acquainted with Footnotes to find out what's happening. It can be found at wasquaredancewa.org.

Where's the Dance?

For a list of all national clubs, lessons, and dances, a great source to go to is www.wheresthedance.com. Queries may be made by day/date, city/state, type of dance, club and so on. Check out this site!



Square & Folk Dance Federation of Washington

There are two main organizations in square and round dancing, the **Square & Folk Dance Federation of Washington** and the **Mt. Baker Council of Square & Round Dance Clubs**. The Federation is made up of 11 areas or Councils. Its main function is to promote square dancing and strengthen councils and clubs.

Insurance for square dancers at square dance events is part of our membership fees and is provided through the Federation. In addition, this agency sponsors the state magazine noted as Footnotes (<https://www.squaredance-wa.org/footnote.htm>).

The State Federation also sponsors the annual Washington State Square & Round Dance Festival and Leadership.



Mt. Baker Council of Square & Round Dance Clubs

One of the 11 councils of the Federation is ours which is the Mount Baker Council. It is comprised of 14 different square and 2 round dance clubs in the 6 counties of King, Snohomish, Skagit, Whatcom, Island and San Juan.

Promoting square and round dancing is the primary function of the Mt. Baker Council. It is a tool for undertaking only what the clubs dictate through the suggestions and shared ideas of their delegates. The Council may be able to handle projects which individual clubs may be unable to finance or carry out alone.

The Council mails their publication “Mt. Baker Council Notes” to registered members each month. Spring and Fall Council Dances are sponsored by the Council and hosted by different clubs within the Council. The Council usually meets the first Wednesday of each month. See www.sqdance.org for more details.

2025-26 Mt. Baker Council Officers

President	Jo Ann Pyle	lopann@aol.com	206-914-2253
Vice President	Key Frey	kfrey1@yahoo.com	701.240.4023
Treasurer	Tom Corning	tomcorning@comcast.net	949.288.0719
Recording Secretary	Sammi Fredenburg	Sammi.98270@gmail.com	360-359-2304
Corresponding Secretary	Randy Lewis	randy2126@hotmail.com	206-367-9219
Area Delegate	Judy Corning	judyseatrvl@comcast.net	206-794-5946
Area Nominating	Geri Johnson	gjandl628@gmail.com	425-280-8536
Advisor	Steve Sworen	ssworen@msn.com	425-308-3950

Mt. Baker Council - Square Dance Clubs

**See www.sqdance.org for
calendar of dances and club dance flyers.**

Dudes and Dolls: Cedar Valley Grange, 20526 52nd Ave W,
Lynnwood

Fern Bluff Squares: S Lake Stevens Grange, 2109 103rd Ave
SE, Lake Stevens

Freewheelers: Cedar Valley Grange, 20526 52nd Ave W,
Lynnwood

Happy Hoppers: Carl Gipson Center, 3025 Lombard Ave,
Everett

Rainbow Squares: Ten Mile Grange, 6958 Hannegan Rd,
Lynden

Samena Squares: Juanita Community Club, 13027 100th Ave
NE, Kirkland

Shooting Stars: Tri-Way Grange, 3509 Seattle Hill Rd, Mill
Creek

Skagit Squares: Mount Vernon Senior Center, 1401 Cleve-
land Ave, Mt. Vernon

Sky Valley Whirlwinds: Tri-Way Grange, 3509 Seattle Hill
Rd, Mill Creek

Square Crows: Maltby Community Club, 8711 206th St SE,
Snohomish

Whirlybirds: 15320 35th Ave W, Lynnwood

Mt. Baker Council Dances

Mt. Baker Fall Council Dance
Hosted by the Square Crows

Promenade In Pink
Saturday, October 4th, 2025
2:00 - 5:00 PM



Mainstream with Rounds
Gaylen Sauve' and Steve Edlund Calling
Karen Neverdowski Cueing

Tickets: \$12.00 in advance / \$15.00 at the door
Dave Harry calling No-Experience Dancing
\$10.00 at the door

Location:
Northshore Senior Center
10201 East Riverside Drive
Bothell, WA 98011
Information call: 425-785-9046

Fall 2025 Council Dance

Hosted by the
Square Crows.

"Promenade in
Pink" to honor
Breast Cancer
Awareness Month
and a
dangle!

Spring 2026 Council Dance

Hosted by the
Samena Squares.



May 30, 2026.
Gipson Center in Everett
Caller: Brett Kappenman
Cuer: Randy Preskit

**2026 Washington State
Square & Round Dance Festival
& Leadership**



Mark your calendar so you can join us
July 16th -18th
for the
2026 State Festival in Ocean Shores

Square dancing, round dancing,
clogging, and line dancing
as well as educational seminars.

Come have fun!



2026

PENTICTON

British Columbia, Canada

Canadian National Square, Round & Clog Dance Festival

Canadian Square & Round Dance Society Festival 2026

24th National Festival, July 15 - 18, 2026

Penticton Trade and Convention Centre

273 Power Street, Penticton, BC V2A 7K9

The logo features a stylized orange fruit with a green leaf and a silhouette of two people dancing. The background is a blue gradient with white wavy lines.

Looking for More Information?

The Mt. Baker Square Dance Council website is a fantastic resource for both new and experienced dancers. It includes valuable information on lessons, dances, special events/flyers, and even individual clubs (with their website links.).

www.sqdance.org



Mt Baker Square Dance Council

Contact Us!

Call or Text:
802.392.3062

Home

Learn!

Links & Fun Stuff

Dance Calendar

Circles

About MBC

Want Lessons?
Click [here](#) or
[here!!](#)

Upcoming Events!

The Froehkoles and Mt. Baker Square Dance Council present

Harvest Hoedown

Caller: Steve Noseck
Cuer: Randy Preskitt
Where: Northshore Senior Center
When: October 26, 2014
Time: 2-5 pm



Cost:
Members \$5 non-members \$7
Reservations by Oct 15th @ 4pm.
No reservations after that time.

Northshore Senior Center
10000 NE 1st Avenue, Everett WA 98203



Square Dance--
state dance of
Washington!

More Special Events...



Mt Baker Square Dance Council



Dudes & Dolls 2024/25 Dance Calendar
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Date	Event	Location	Additional Information
May 11, 2024	Western Ball & Banquet	Mountain View	Additional information: See website for more details. Western Ball & Banquet. Tickets available at the door.
May 11, 2024	Friday Night Social	Mountain View	See website for more details. Friday Night Social. Tickets available at the door.
May 12, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 13, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 14, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 15, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 16, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 17, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 18, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 19, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 20, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 21, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 22, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 23, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 24, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 25, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 26, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 27, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 28, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 29, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 30, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.
May 31, 2024	Mountain View Banquet	Mountain View	See website for more details. Mountain View Banquet. Tickets available at the door.

Home

Learn!

Links & Fun Stuff

Dance Calendar

Clubs

About MBC

Dances:

Line dancing (2nd Friday) or Upper-level pre-rounds (4th & 5th Fridays): 7-7:30 pm, Plus: 7:30-8 pm

Square dancing with rounds: 8-10 pm

Club Caller:

Scott Coon with occasional guest callers

Club Cues:

Shawn Cavness

Line dances:

Lisa Weiser

Website:

<https://www.dudesanddolls.org/>

Contact:

Robert Reichle, 425-337-2906
robert_r_52@yahoo.com

The Council website provides club dance schedule, contact, and website link. Go to your club's website for to see more!

Emergency Call for Medical Aid

E

When a dancer goes down, **a second dancer attends to him/her.**

C

The remaining couples join hands and take a step backward. This will help keep the area safe and clear. It will give the injured person and the attendant air and room if needed.

M

Raise joined hands as high as possible to form an arched circle as a signal to the caller and/or hall monitor so they can place an Emergency Call for Medical Aid.

A

On seeing this signal, **the hall monitor or caller should immediately place an Emergency Call for Medical Aid.**

The following New Dancer Information can be found at our website:

- Lessons you can attend at other clubs most days of the week!
- List of student dances - these are really fun dances hosted by clubs just for new dancers to practice.
- Link to videos of the dance moves.
- Link to an app that demonstrates dance moves.



Visit the Mt. Baker Square Dance Website at
www.sqdance.org

