

ROUNDALAB STANDARD
Phase I of Round Dancing

# Toe	none	Toe
With foot oriented as specified, touch toe to floor in direction or place indicated.		
# Touch	tch	Touch
With feet essentially parallel, toe of free foot touches floor at the instep of supporting foot.		
# Wiggle	none	Wiggle
Moving hips rapidly from side to side.		

II. MOVEMENTS

Punctuation marks [commas, semi-colons, etc.] in Movements Section may or may not represent musical timing.

# Back [Step]	bk	Back
A backwards step taking weight.		
# Behind	bhd	Behind
A step with the free foot crossing in back of the supporting foot.		
# Chug	none	Chug
A short backward movement. With weight on both feet, bend knees and straighten quickly causing feet to slide.		
# Close	cl	Close
A step bringing feet together and parallel and changing weight.		
# Cross	X	Cross
With designated foot step across in front of, or behind, and beyond the supporting foot.		
# Cross Behind	Xbhd	Behind
# Cross in Back	Xib	Cross in Back
# Cross in Front	Xif	Cross in Front
# Cross Left in Back	XLib	N/A
# Cross Left in Front	XLif	N/A
# Cross Right in Back	XRib	N/A
# Cross Right in Front	XRif	N/A
# Face	fc	Face
A step turning to face partner.		
# Forward [Step]	fwd	Forward
A forward step taking weight.		
# Recover	rec	Recover
Return weight to previously weighted foot near its previous location. The foot may turn if required.		

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- # Rock** rk Rock
Transfer weight from supporting foot to free foot in direction indicated in anticipation of returning weight to original supporting foot.
- # Run** none Run [# of steps]
A quick forward step.
NOTE: May be done with either foot. Executed with the number of steps indicated.
- # Side [Step]** sd Side
A step to either side taking weight.
- # Slide** sld Slide
A movement of the foot in a given direction with constant contact with the floor.
NOTE: Sometimes cued as "Glide".
- # Step** stp Step
Movement of the free foot in a given direction or location with transfer of weight from supporting foot.
- # Stomp** none Stomp
Put weight on free foot with a definite sound.
- # Strut** none Strut [# of steps]
A series of steps while swaying upper part of the body.
NOTE: Sometimes cued as "Stroll" or "Swagger". May be done with either foot. Executed with the number of steps indicated.
- # Thru** thru Thru
A step taken between partners.
NOTE: When used as a cue term, both dancers step thru.
- # Walk** wlk Walk [# of steps]
A slow forward step.
NOTE: May be done with either foot. Executed with the number of steps indicated.

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