



ROUNDALAB

**STANDARDS FOR
ROUND DANCING**

PHASE I

ROUNDALAB STANDARD

Phase I of Round Dancing

This booklet describes and defines the actions, movements and figures used in various rhythms of Phase I Round Dancing. The material in this booklet is supplemented by other ROUNDALAB publications, including other phase booklets, the *Glossary, Index, Abbreviations, Cueing Guidelines, Listing of Phase Rated Actions, Movements and Figures by Rhythm and Listing of Phase Rated Actions, Movements and Figures by Phase.*

The material in this booklet is divided into sections according to the rhythm and dance type. Entries appear alphabetically within each appropriate section.

Rhythm characteristics are defined at the beginning of each rhythm. The format for each figure within that rhythm consists of the title and abbreviation [if applicable], and the preferred cue term. Timing, basic steps for the man and basic steps for the woman [in parentheses] follow. Descriptions of the figures are given for the MAN and WOMAN and explanatory notes [if needed].

The following rhythms are included in this phase:

Two Step	TS	Waltz	WZ
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The format of the title reflects the status of the descriptions or definitions that follow:

Approved Standard -
Tentative Standard -

Boldface Type

Underlined and preceded by a single asterisk [*]. Tentative Standards will be considered permanent if no comment is received within the year following approval at the annual convention.

On ROUNDALAB Teaching Videos [RTVs] -

Preceded by a number sign [#].

Copies of the following additional manuals, booklets, ROUNDALAB Teaching Videos [RTVs], Digital Video Discs [DVDs] and Figure Video Software [FVS] may be purchased from:

ROUNDALAB
PO Box 1928
Auburn, ME 04211
PHONE: 877 Y I DANCE [877-943-2623] US/CANADA
207-904-0220 all other countries
WEBSITE: www.roundalab.org
E-MAIL: roundalab@roundalab.org

- Phase Booklets – Phases I through VI
- Glossary
- Abbreviations Booklet
- Index for Glossary & Phase Booklets
- Listing of Phase Rated Actions, Movements and Figures by Rhythm Booklet

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- Listing of Phase Rated Actions, Movements and Figures by Phase Booklet
- Cueing Guidelines
- Cue Sheet Writing Guidelines
- New Round Dance Leaders Manual - Phase I / II
- Teaching Manuals for Phase III and IV
- Preliminary Foot Movements & Positions/Dance Positions/Walks in all Rhythms Booklet
- Callers Manual for Using Rounds in the Square Dance Program
- ROUNDALAB Teaching Videos [RTVs]
- Instructional Digital Video Discs [DVDs] [Phase I through Phase VI and Addendum]
- Figure Video Software [FVS]

Because of changes over time as well as differences of interpretation, inconsistencies may appear between the ROUNDALAB Teaching Videos [RTVs], Digital Video Discs [DVDs], Figure Video Software [FVS] and the ROUNDALAB Phase Booklets. In such instances, the Phase Booklets should be taken as containing the most up to date material available.

CHANGES:

Proposed changes to this Standard should be submitted to:

ROUNDALAB
PO Box 1928
Auburn, ME 04211
PHONE: 877 Y I DANCE [877-943-2623] US/CANADA
207-904-0220 all other countries
WEBSITE: www.roundalab.org
E-MAIL: roundalab@roundalab.org

Proposed changes are to be submitted as follows:

1. Specific reason[s] for the change.
2. Proposed changes must be received by November 1 to be considered at the next Annual ROUNDALAB Convention.
3. Request[s] to change Tentative Standards must be endorsed by signatures from at least two [2] ROUNDALAB Teaching Member Units in good standing. These endorsements must be part of, and accompany, the original request.
4. Tentative Standards will be considered permanent if no comment is received within the year following approval at the annual convention. Tentative Standards are underlined and preceded in the phase booklets with an asterisk [*].
5. Request[s] to change Permanent Standards must be endorsed by signatures from at least five [5] ROUNDALAB Teaching Member Units in good standing. These endorsements must be part of, and accompany, the original request.
6. Request for addition and phasing of a new action, movement or figure requires three [3] different choreographers use the action, movement or figure in three [3] dances prior to being defined and included in the ROUNDALAB Standards. Requests must be endorsed by signatures from at least five [5] ROUNDALAB Teaching Member Units in good standing. Cue sheets are to be submitted with the request and must be received by November 1 to be considered at the next Annual ROUNDALAB Convention.

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ROUNDALAB PHASE RATING SYSTEM

The purpose of the "**ROUNDALAB Phase Rating System**" is to provide a method for rating basic round dance actions, movements and figures according to the degree of complexity. This system can be readily used and understood by all those involved in round dancing to rate a dance at the appropriate phase. This concept works as follows:

- a. If all actions, movements and figures in a dance are from the same phase, the dance will be phased at that phase.
- b. A dance cannot have more than two actions, movements or figures [or any combination thereof] from the next higher phase and remain at the lower phase.
 - [1] If there is one action, movement or figure in a dance from the next higher phase, the dance will be phased at the lower phase plus 1 [e.g., a Phase II dance with one figure from Phase III will be rated Phase II +1].
 - [2] If there are two actions, movements or figures [or any combination thereof] in the dance from the next higher phase, the dance will be phased at the lower phase plus 2 [e.g., a Phase II dance with two figures from Phase III will be rated Phase II +2].
 - [3] Three or more actions, movements or figures [or any combination thereof] in the next higher phase requires the dance to be rated at the higher phase level.
- c. A dance cannot be rated any lower than one phase below the highest action, movement or figure used [e.g., a Phase III dance with one figure from Phase V will be rated as Phase IV +1].

ROUNDALAB suggests the Phase Rating be included in the lead information on every cue sheet. Choreographers should put a "degree of difficulty" as part of the heading of a cue sheet, as determined by the following parameters:

- a. EASY [EZ] – a dance that can be done to cues by the average dancer at THAT phase level without further instructions by the cuer.
- b. AVERAGE [AVG] – a dance that can be done to cues by the average dancer at THAT phase level with one or two simple instructions explained by the cuer, e.g., "Lady rolls to LOP, not a Cross Wrap".
- c. DIFFICULT [DIFF] – a dance that probably cannot be done by the average dancer at that phase level without a special teach because of rotations; unphased actions, movements or figures; unusual positioning; figure modifications; or tempo or timing changes.

ROUNDALAB recommends that choreographers assume the responsibility of rating their own dance before publication. However, if the choreographer does not rate the dance, then any person can easily rate the dance by using ROUNDALAB criteria.

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ROUNDALAB STANDARD
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# 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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III. FIGURES

TS. TWO STEP

CHARACTERISTICS: In round dancing, the Two Step rhythm is denoted using 4/4 timing. Basic timing is QQS. The basic figures have 3 steps to a measure with the 4th beat a hold.

In box, click figure title to go to definition.

Balance Away and Together	Circle Away and Together	Side TS Apart and Together
Balance Forward and Back	Cross Walk	Two Step, Back
Balance Left and Right	Reverse Box	Two Step, Forward
Box	Side Two Step	

From other pages, click any definition title to return to this page.

Balance Away and Together bal awy & tog Balance Away and Together
 QQS; QQS; TRN AWY, CL, SIP -; TRN TOG, CL, SIP, -;
MAN OR WOMAN: Turn away from partner keeping inside hands joined, close [to a slight Back to Back position], in place, -; turn to face partner, close, in place, -;
NOTE: May begin with either foot. Figure has no progression.

Balance Forward and Back bal fwd & bk Balance Forward & Back
 QQS; QQS; FWD, CL, SIP, -; BK, CL, SIP, -;
 (BK, CL, SIP, -; FWD, CL, SIP, -;)
MAN: In Closed Position beginning with either foot forward, close, in place, -; back, close, in place, -;
WOMAN: In Closed Position beginning with either foot back, close, in place, -; forward, close, in place, -;
NOTE: Usually begins with lead foot. May be done in any position. When done in Open Position woman's definition is the same as man's definition. Either half of figure may be done separately.

Balance Left and Right bal L & R Balance Left and Right
 QQS; QQS; SD, CL, SIP, -; SD, CL, SIP, -;
 (SD, CL, SIP, -; SD, CL, SIP, -;)
MAN: Side left, close right, step left in place, -; side right, close left, step right in place, -;
WOMAN: Side right, close left, step right in place, -; side left, close right, step left in place, -;
NOTE: Usually begins with lead foot. May begin with either foot with directions cued as necessary. Either half of figure may be done separately.

Box none Box
 QQS; QQS; SD, CL, FWD, -; SD, CL, BK, -;
 (SD, CL, BK, -; SD, CL, FWD, -;)
MAN: Side left, close right, forward left, -; side right, close left, back right, -;
WOMAN: Side right, close left, back right, -; side left, close right, forward left, -;
NOTE: May be done in Closed, Open or Butterfly Position. If in Open Position, woman's third step is forward.

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TWO STEP

Two Step, Forward

fwd TS

Forward Two Step

QQS;

FWD, CL, FWD, -;

MAN OR WOMAN: Forward, close, forward, -;

NOTE: May be done in any position and start with either foot. When facing partner [like Banjo, Sidecar, Closed Positions], woman does a Back Two Step.

TWO STEP

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WALTZ

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Reverse Box

1,2,3; 1,2,3;

rev box

Reverse Box

BK, SD, CL; FWD, SD, CL;

(FWD, SD, CL; BK, SD, CL;)

MAN: Back left, side right, close left; forward right, side left, close right;

WOMAN: Forward right, side left, close right; back left, side right, close left;

NOTE: May be done in Open, Closed or Butterfly Position. If in Open Position, woman's first step is back.

Waltz Away and Together

1,2,3; 1,2,3;

awy & tog

Waltz Away & Together

FWD TRN, SD & FWD, CL; FWD TRN, SD & FWD, CL;

MAN OR WOMAN: With inside hands joined forward turning away from partner, side & forward [to a slight Back to Back], close; side and forward turning to face partner, side & forward, close;