ROUNDALAB STANDARD
Phase II of Round Dancing

Actions

Brush	**Lift**	**Swing**	**Unwrap**
Kick	**Pivot**	**Swivel**	**Wrap**
Knee	**Spin**	**Twist**	

Movements

Check	**Hop**	**Maneuver**	**Skip**
Cut	**Lock**	**Pickup**	**Unwind**
Dip	**Lunge**	**Roll**	

I. ACTIONS

Punctuation marks [commas, semi-colons, etc.] in Action Section do not represent musical timing.

 # Brush none Brush
The light contact of the non-weighted foot with either the floor or the inner side of the weighted foot.
NOTE: There is no weight change.

 # Kick kck Kick
Lift the knee then quickly straighten leg, toe pointing down.

 # Knee none Knee
Raise free foot straight up bringing knee across and in front of supporting leg.

 # Lift none Lift
Rise slightly on ball of supporting foot with free foot moving forward or side with leg straight and toe pointed down. When moving forward, free foot is extended forward; when moving sideward, free foot is extended to side.

 # Pivot pvt Pivot
A rotation on the ball of the supporting foot caused by a strong turning of the body, with the free leg held forward or back.

 # Spin spn Spin
A rotation on the ball of the supporting foot caused by an upper body turning action either with a rise or with the foot flat. The free foot is usually held under the body.

 # Swing none Swing
Lift and move the free foot forward with the leg straight, toe pointed down and about three inches above the floor.

 # Swivel swvl Swivel
A turning of the body causing the foot or feet to rotate while maintaining contact with the floor.

 # Twist twst Twist
The turning of the upper body to change facing direction without changing weight.

 # Unwrap unwrp Unwrap [to ending position]
From Wrapped Position, the hands joined in front [man's left and woman's right] are released and, retaining the other hand hold, the woman makes a right face turn to end facing in designated direction.

 # Wrap wrp Wrap
From an open position, retain the inside handhold at waist level as woman makes a left face turn to face the same direction as the man, resulting in wrapping the woman's left arm in front of her waist and man's right arm behind her waist. Join the free outside hands in front at chest height.
NOTE: May be done from Butterfly Position.

II. MOVEMENTS

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

 # Check ck Check
A step to stop motion for a change of direction. New direction need not be exact opposite of previous direction.

 # Cut none Cut
Cross one foot in front of and beyond the other so closely as to require the other foot to be withdrawn backward. Similar to Back Lock, except Cut is on first weight change whereas Lock is on second weight change.

 # Dip dp Dip
A step in direction indicated taking full weight, with the knee relaxed or slightly bent. The other leg remains extended with the knee and ankle forming a straight line from the hip and the toe remaining on the floor.

 # Hop none Hop
With supporting foot or feet rise slightly from the floor returning to the floor on the same foot or feet.

 # Lock lk Lock
Similar to Cut, except cross step is on the second change of weight whereas the Cut comes on the first change of weight.
Example: Back, Lock, Back, Lock; or Forward, Lock, Forward, Lock;

 # Lunge lun Lunge [direction]
A step forward or sideward in the direction indicated, bending knee and checking motion.

 # Maneuver manuv Maneuver

MAN: In Closed Position forward right commence right face upper body turn completing [up to 1/2] right face turn,
WOMAN: In Closed Position back left commence right face upper body turn completing [up to 1/2] right face turn,
NOTE: May start in Banjo or Semi-Closed Position and end in Closed Position. When starting in Semi-Closed Position, the woman steps forward. Ending facing direction may vary.

 # Pickup pu Pickup
FWD,
(FWD TRN,)

The action in which the man [without changing his facing direction] leads the woman in front of him ending in Closed Position.
MAN: Forward right [short step],
WOMAN: Forward left stepping in front of man turning left face to end Closed Position,
NOTE: The usual movement is from Semi-Closed Position to Closed Position.

 # Roll none Roll [**#** of steps] [to ending position]

A right or left individual turn with each step progressing in designated direction to end in designated position.

 # Skip none Skip [**#** of steps]

To progress by hopping lightly on first one foot and then the other. Timing may vary.

 # Unwind none Unwind

Beginning with legs in crossed position and leaving feet in place rotate body to uncross legs. Position of cross dictates direction of unwind.
NOTE: Weight is usually transferred to crossed leg as figure is executed.

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