



ROUNDALAB

**STANDARDS FOR
ROUND DANCING**

PHASE II

ROUNDALAB STANDARD Phase II of Round Dancing

This booklet describes and defines the actions, movements and figures used in various rhythms of Phase II 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 |
|----------|----|-------|----|

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

ROUNDALAB STANDARD

Phase II of Round Dancing

- 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 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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Phase II of Round Dancing

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TWO STEP

ROUNDALAB STANDARD

Phase II of Round Dancing

Basketball Turn

bball trn

Basketball Turn

SS; SS;

FWD TRN, -, REC TRN, -; FWD TRN, -, REC TRN, -;

MAN: With the outside foot free the first step will turn in toward partner. With the inside foot free, the first step will turn away from partner. Examples:

[1] Beginning in Open Position with weight on man's right foot step forward left and check turning 1/4 right face, -, recover on right continuing right face turn to end facing the opposite direction from starting position, -; continue by stepping forward left and check turning 1/4 right face, -, recover on right continuing right face turn to end facing starting position unless otherwise indicated, -;

[2] Beginning in Open Position with weight on man's left foot step forward right and check turning 1/4 left face, -, recover on left continuing turning left face to end facing the opposite direction from starting position, -; continue by stepping forward right and check turning 1/4 left face, -, recover on left continuing left face turn to end facing starting position unless otherwise indicated, -;

WOMAN: With the outside foot free the first step will turn in toward partner. With the inside foot free the first step will turn away from partner. Examples:

[1] Beginning in Open Position with weight on woman's left foot step forward right and check turning 1/4 left face, -, recover on left continuing left face turn to end facing the opposite direction from starting position, -; continue by stepping forward right and check turning 1/4 left face, -, recover on left continuing left face turn to end facing starting position unless otherwise indicated, -;

[2] Beginning in Open Position with weight on woman's right foot step forward left and check turning 1/4 right face, -, recover on right foot continuing turning right face to end facing the opposite direction from starting position, -; continue by stepping forward left and check turning 1/4 right face, -, recover on right continuing right face turn to end facing starting position unless otherwise indicated, -;

NOTE: May be turned in either direction. Usual timing is SSSS. May be done QQQQ.

Box - Variations

1. # Box Left Turning

L trng box

Left Turning Box

QQS; QQS;

SD, CL, FWD TRN, -; SD, CL, BK TRN, -;

QQS; QQS;

SD, CL, FWD TRN, -; SD, CL, BK TRN, -;

(SD, CL, BK TRN, -; SD, CL, FWD TRN, -;

SD, CL, BK TRN, -; SD, CL, FWD TRN, -;)

MAN: Side on left, close right, forward left turn 1/4 left face, -; side right, close left, back right turn 1/4 left face, -; side left, close right, forward left turn 1/4 left face, -; side right, close left, back right turn 1/4 left face, -;

WOMAN: Side right, close left, back right turn 1/4 left face, -; side left, close right, forward left turn 1/4 left face, -; side right, close left, back right turn 1/4 left face, -; side left, close right, forward left turn 1/4 left face, -;

ROUNDALAB STANDARD
Phase II of Round Dancing

TWO STEP

2. **# Box Right Turning** R trng box Right Turning Box
QQS; QQS; SD, CL, BK TRN, -; SD, CL, FWD TRN, -;
QQS; QQS; SD, CL, BK TRN, -; SD, CL, FWD TRN, -;
 (SD, CL, FWD TRN, -; SD, CL, BK TRN, -;
 SD, CL, FWD TRN, -; SD, CL, BK TRN, -;)
- MAN:** Side left, close right, back left turn 1/4 right face, -; side right, close left, forward right turn 1/4 right face, -; side left, close right, back left turn 1/4 right face, -; side right, close left, forward right turn 1/4 right face, -;
- WOMAN:** Side right, close left, forward right turn 1/4 right face, -; side left, close right, back left turn 1/4 right face, -; side right, close left, forward right turn 1/4 right face, -; side left, close right, back left turn 1/4 right face, -;
3. **# Broken Box** brkn box Broken Box
QQS; SS; SD, CL, FWD, -; RK FWD, -, REC, -;
QQS; SS; SD, CL, BK, -; RK BK, -, REC, -;
 (SD, CL, BK, -; RK BK, -, REC, -;
 SD, CL, FWD, -; RK FWD, -, REC, -;)
- MAN:** Side left, close right, forward left, -; rock forward right, -, recover left, -; side right, close left, back right, -; rock back left, -, recover right, -;
- WOMAN:** Side right, close left, back right, -; rock back left, -, recover right, -; side left, close right, forward left, -; rock forward right, -, recover left, -;
- NOTE:** Starts in designated position.
4. **# Circle Box** circ box Circle Box
QQS; QQS; SD, CL, FWD, -; SD, CL, BK, -;
 (FWD TRN, CL, FWD TRN, -; FWD TRN, CL, FWD TRN, -;)
- MAN:** Beginning with partners facing release contact side left, close right, forward left, -; side right, close left, back right, -;
- WOMAN:** Moving away from partner with a right face circular pattern forward turn right, close left, forward turn right, - [turning approximately 180 degrees]; continuing circular pattern toward partner forward turn left, close right, forward turn left, - [turning 180 degrees or to designated position];
- NOTE:** A figure where man executes a box while woman executes a right face circle. Usually done under lead hands but may be done without hand contact.
5. **# Open Box** op box Open Box
QQS; QQS; SD, CL, FWD, -; SD, CL, BK, -;
- MAN OR WOMAN:** In Open Position side, close, forward, -; side, close, back, -;
- NOTE:** May start in Left Open Position.
6. **# Open Reverse Box** op rev box Open Reverse Box
QQS; QQS; SD, CL, BK, -; SD, CL, FWD -;
- MAN OR WOMAN:** In Open Position side, close, back, -; side, close, forward, -;
- NOTE:** May start in Left Open Position.

TWO STEP

ROUNDALAB STANDARD Phase II of Round Dancing

- # Face to Face** fc-fc Face to Face
QQS; SD, CL, TRN, -;
MAN: Side left, close right, side left turning 1/2 left face to a Back to Back Position, -;
WOMAN: Side right, close left, side right turning 1/2 right face to a Back to Back Position, -;
- # Face to Face and Back to Back** fc-fc & bk-bk Face to Face and Back to Back
[to ending position]
QQS; QQS; SD, CL, TRN, -; SD, CL, TRN, -;
MAN: Side left, close right, side left turning 1/2 left face to a Back to Back Position, -; side right, close left, side right turning 1/2 right face or to designated position, -;
WOMAN: Side right, close left, side right turning 1/2 right face to a Back to Back Position, -; side left, close right, side left turning 1/2 left face or to designated position, -;
- # Forward Lock** fwd lk Forward Lock
QQ FWD, LK,
MAN OR WOMAN: Forward, cross free foot in back of the supporting foot taking weight on crossing foot,
NOTE: Normally done in Open or Semi-Closed Position. If done in Closed Position, on the first step blend to Banjo Position, and the woman's steps are back, lock in front. May be done in pairs [Forward Lock twice]. Timing may vary and may start with either foot.
- # Forward Lock Forward** fwd lk fwd Forward Lock Forward
QQS; FWD, LK, FWD, -;
MAN OR WOMAN: Forward, cross the free foot in back of the supporting foot taking weight on crossing foot, forward, -;
NOTE: Normally done in Open or Semi-Closed Position. If done in Closed Position, on the first step blend to Banjo Position, and the woman's steps are back, lock in front, back. May be done in pairs [Forward Lock Forward twice]. Timing may vary and may start with either foot.
- # Hitch** htch Hitch
QQS; FWD, CL, BK, -; or
BK, CL, FWD, -;
MAN OR WOMAN: A step forward or backward as indicated, followed by a close step, followed by a step in the opposite direction, -;
- # Hitch [Forward and Back]** htch fwd & bk Hitch Six or Double Hitch
QQS; QQS; FWD, CL, BK, -; BK, CL, FWD, -;
(BK, CL, FWD, -; FWD, CL, BK, -);
MAN: In Closed Position forward left, close right, back left, -; back right, close left, forward right, -;
WOMAN: In Closed Position back right, close left, forward right, -; forward left, close right, back left, -;
NOTE: May start in Banjo, Butterfly or Open Position. When starting in Open Position, the first step for the woman is forward.

ROUNDALAB STANDARD
Phase II of Round Dancing

TWO STEP

Reverse Twirl Vine rev twrl vin Reverse Twirl Vine [# of steps]
QQS; SD, XIB, SD, -;
 (FWD TRN, BK TRN, SD, -;)

MAN: With partners facing man's left and woman's right hands joined side right, cross left in back, side right, -;

WOMAN: Side and forward left turning 1/2 left face under joined hands, side and back right turning 1/2 left face, side left, -;

NOTE: Woman twirls left face as man does a Vine Three.

Rock Steps rk stps [Direction] Rock [# of steps]

MAN OR WOMAN: A series of steps with a rocking action transferring the weight from one foot to the other by stepping either forward, backward or sideward. The number of steps to do will be indicated.

Sand Step sndstp Sand Step
QQS; TOE, HEEL, XIF, -;

MAN OR WOMAN: A four count figure using a swiveling action of the supporting foot each count as you touch the toe of the free foot to the instep of the supporting foot [no weight change], touch the heel of the free foot to the instep of the supporting foot [no weight change], cross the free foot across and in front of the supporting foot taking weight, -;

Scissors scis Scissors
QQS; SD, CL, X, -;

MAN OR WOMAN: A three step figure which always starts with a side step, the second step is a close, the third step crosses past the weighted foot, -;

NOTE: Instructions will indicate which partner crosses in front and which crosses in back as they change to Sidecar, Banjo or other positions. There is no progression.

Scissors Hitch scis htch Scissors Hitch
QQS; FWD TRN, CL, XIF, -;
 (FWD, CL, BK, -;)

MAN: Starting in Semi-Closed Position forward left [turning 1/4 right face], close right, [turning right face] cross left in front ending in Sidecar Position, -;

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

NOTE: A figure in which man executes a Scissors while woman executes a Hitch. May also be done with many other starting and ending positions. The use of trailing feet or a Back Hitch may be required depending on starting and ending position.

Scoot none Scoot
QQQQ; FWD, CL, FWD, CL;

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

ROUNDALAB STANDARD
Phase II of Round Dancing

TWO STEP

Twirl twrl Twirl [# of steps]
QQS; FWD, CL, FWD, -;
(FWD TRN, BK TRN, SD, -;)

MAN: With partners facing man's left and woman's right hand joined side and forward left to face line of progression, close right, forward left, -;

WOMAN: Side and forward right turning 1/2 right face under joined hands, side and back left turning 1/2 right face, side right, -;

NOTE: A progressive right face turn by the woman under her right hand and man's left hand.

Twirl Vine twrl vin Twirl Vine [# of steps]
QQS; SD, XIB, SD, -;
(FWD TRN, BK TRN, SD, -;)

MAN: With partners facing man's left and woman's right hand joined side left, cross right in back, side left, -;

WOMAN: Side and forward right turning 1/2 right face under joined hands, side and back left turning 1/2 right face, side right, -;

NOTE: Woman twirls as man moves along with her in a Vine figure.

Twisty Vine twsty vin Twisty Vine [# of steps]
QQQQ; SD & BK, XIB, SD & FWD, XIF;
(SD & FWD, XIF, SD & BK, XIB;)

MAN: Commence slight right face upper body turn side & back left, cross right in back of left, commence slight left face upper body turn side & forward left, cross right in front of left;

WOMAN: Commence slight right face upper body turn side & forward right, cross left in front of right, commence slight left face upper body turn side & back right, cross left in back of right;

NOTE: Starts in facing position. Usually ends in Banjo Position. Timing may be SS; SS; May start with the trail foot and the Man commencing a left face turn.

Two Turning Two Steps two trng 2 stps Two Turning Two Steps
QQS; QQS; SD, CL, TRN, -; SD, CL, TRN, -;

MAN: Side left, close right commence right face turn, side and back left across Line of Progression complete 1/2 right face turn, -; side right, close left commence right face turn, forward right complete 1/2 right face turn, -;

WOMAN: Side right, close left commence right face turn, forward right complete 1/2 right face turn, -; side left, close right commence right face turn, side and back left across Line of Progression complete 1/2 right face turn, -;

NOTE: A right face turning figure consisting of six steps and generally using two measures of music. Starts in Closed Position by using a blending action with pivoting on right foot stepping between partner's feet for the pivot. Ending position and facing direction may change with choreography, e.g., Semi-Closed or Sidecar Position.

Vine vin Vine [# of steps]
QQQQ; SD, XIB, SD, XIF;

MAN OR WOMAN: Side right or left, cross in back, side in the same direction, cross in front;

NOTE: May be any number of steps continuing the same sequence. Timing may vary. If slow timing is used, the cue should be Slow Vine [# of steps].

Box - Variations

1. **# Box Left Turning**
 1,2,3; 1,2,3;
 1,2,3; 1,2,3;

L trng box Left Turning Box
 FWD TRN, SD, CL; BK TRN, SD, CL;
 FWD TRN, SD, CL; BK TRN, SD, CL;
 (BK TRN, SD, CL; FWD TRN, SD, CL;
 BK TRN, SD, CL; FWD TRN, SD, CL;)

MAN: Forward left commence 1/4 left face turn, complete turn side right, close left; back right commence 1/4 left face turn, complete turn side left, close right; forward left commence 1/4 left face turn, complete turn side right, close left; back right commence 1/4 left face turn, complete turn side left, close right;

WOMAN: Back right commence 1/4 left face turn, complete turn side left, close right; forward left commence 1/4 left face turn, complete turn side right, close left; back right commence 1/4 left face turn, complete turn side left, close right; forward left commence 1/4 left face turn, complete turn side right, close left;

NOTE: Figure is danced in Closed Position throughout.

2. **# Box Right Turning**
 1,2,3; 1,2,3;
 1,2,3; 1,2,3;

R trng box Right Turning Box
 BK TRN, SD, CL; FWD TRN, SD, CL;
 BK TRN, SD, CL; FWD TRN, SD, CL;
 (FWD TRN, SD, CL; BK TRN, SD, CL;
 FWD TRN, SD, CL; BK TRN, SD, CL;)

MAN: Back left commence 1/4 right face turn, complete turn side right, close left; forward right commence 1/4 right face turn, complete turn side left, close right; back left commence 1/4 right face turn, complete turn side right, close left; forward right commence 1/4 right face turn, complete turn side left, close right;

WOMAN: Forward right commence 1/4 right face turn, complete turn side left, close right; back left commence 1/4 right face turn, complete turn side right, close left; forward right commence 1/4 right face turn, complete turn side left, close right; back left commence 1/4 right face turn, complete turn side right, close left;

NOTE: Figure is danced in Closed Position throughout.

3. **# Open Box**
 1,2,3; 1,2,3;

op box Open Box
 FWD, SD, CL; BK, SD, CL;

MAN OR WOMAN: In Open Position beginning with free foot forward, side, close; back, side, close;

NOTE: May start in Left Open Position.

4. **# Open Reverse Box**
 1,2,3; 1,2,3;

op rev box Open Reverse Box
 BK, SD, CL; FWD, SD, CL;

MAN OR WOMAN: In Open Position beginning with free foot back, side, close; forward, side, close;

NOTE: May start in Left Open Position.

5. **# Progressive Box**
 1,2,3; 1,2,3;

prog box Progressive Box
 FWD, SD, CL; FWD, SD, CL;
 (BK, SD, CL; BK, SD, CL;)

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

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

NOTE: Starts in designated position.

WALTZ

ROUNDALAB STANDARD Phase II of Round Dancing

Forward Waltz 1,2,3;

fwd WZ Forward Waltz
 FWD, FWD & SLIGHTLY SD, CL;
 (BK, BK & SLIGHTLY SD, CL;)

MAN: In Closed Position forward, forward & slightly side, close;

WOMAN: In Closed Position back, back & slightly side, close;

NOTE: May be done in any position. If done in Open Position both move forward.

Lace

1,2,3;

lc Lace [Across or Back]
FWD, FWD, CL;

MAN: Passing behind woman with lead hands joined moving diagonally across Line of Progression forward left, forward right, close left;

WOMAN: Passing in front of man under joined lead hands and moving diagonally across Line of Progression forward right, forward left, close right;

NOTE: The above is cued "Lace Across" when the change of sides is accomplished by the woman traveling under the joined lead hands. When the woman travels under the joined trail hands, the cue is "Lace Back". Usual ending position for a "Lace Across" is Left Open and for a "Lace Back" is Open. The optional cue term "Lace Up" may be used for a four-measure sequence consisting of Lace Across; Forward Waltz; Lace Back; Forward Waltz;

* Lace Up

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

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

lc up Lace Up [to ending position]
FWD, FWD, CL; FWD, FWD & SLIGHTLY SD, CL;
FWD, FWD, CL; FWD, FWD & SLIGHTLY SD, CL;

MAN: Passing behind woman with lead hands joined moving diagonally across Line of Progression forward left, forward right turning to face Line of Progression, close left; forward right, forward & slightly side left, close right; passing behind woman with trail hands joined moving diagonally across Line of Progression forward left, forward right turning to face Line of Progression, close left; forward right, forward & slightly side left, close right to end in designated position;

WOMAN: Passing in front of man with lead hands joined moving diagonally across Line of Progression forward right, forward left turning to face Line of Progression, close right; forward left, forward & slightly side right, close left; passing in front of man with trail hands joined moving diagonally across Line of Progression forward right, forward left turning to face Line of Progression, close right; forward left, forward & slightly side right, close left to end in designated position;

NOTE: Normally begins in Open or Semi-Closed Position. A Lace Up, or any portion thereof, may also be cued using one measure cues. Example: Lace Across; Forward Waltz; Lace Back; Forward Waltz;

ROUNDALAB STANDARD
Phase II of Round Dancing

WALTZ

Vine Three

1,2,3;

vin 3

SD, XIB, SD;

Vine Three

MAN OR WOMAN: Side right or left, cross in back, side in same direction;

Wheel

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

whl

FWD, FWD, CL; FWD, FWD, CL;

Wheel [to ending position]

MAN: In Banjo Position commence right face turn forward left, forward right, close left; forward right, forward left, close right [ending in designated position];

WOMAN: In Banjo Position commence right face turn forward right, forward left, close right; forward left, forward right, close left [ending in designated position];

NOTE: Couples, in a designated position, are turning 360 degrees, with mid-point between partners as a pivot point.

WALTZ

**ROUNDALAB STANDARD
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