ROUNDALAB STANDARD
Phase III of Round Dancing

Click Action or Movement title to go to definition.

ACTIONS

Dishrag	**Flare**	**Hook**
Fan	**Flick**	**Rise**

MOVEMENTS

Buzz	**Figure 8**	**Swivel Walk**
Chair	**Heel Pivot**	
Change Point	**Slip**	

I. ACTIONS

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

 # Dishrag none Dishrag
Join hand opposite of free foot and raise joined hands over heads, both partners turn away in place [maintaining handholds] to indicated position.
NOTE: May be used in any rhythm from any facing position. May use double handhold.

 # Fan none Fan
The free foot with the toe in contact with the floor moves either forward or backward in an arc similar to the opening or closing of a hand fan. The knee of the supporting leg is relaxed throughout the action.

 # Flare flr Flare
The free foot moves either forward or backward and out to the side [similar to the Fan] but with the foot slightly off the floor.

 # Flick flk Flick
The free foot moves quickly backward without taking weight.

 # Hook hk Hook
The free foot crosses in front, or behind, and close to the supporting foot. Weight is usually taken on hooking foot in the action that follows.

 # Rise none Rise
An elevation of the body, centering the weight over the ball and toes of the supporting foot.

II. MOVEMENTS

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

 # Buzz none Buzz [# of steps]
A spot turn by the dancer on the supporting foot, pushing with the free foot to propel the turn. May be done individually, or as a couple.

 # Chair chr Chair
A forward lunge with the dancer's body profile shaped to resemble the side view of a straight chair.
NOTE: The stepping leg is slightly bent representing the front legs and seat of the chair. The dancer's torso forms the chair's back as the other leg simulates the chair's rear legs. Usually a slow step in Semi-Closed Position with trail foot.

 # Change Point chg pt Change Point
Close free foot to supporting foot immediately pointing new free foot usually to the side. Action is performed in one continuous motion.

 # Figure 8 fig 8 Figure 8
Footsteps taken to progress in the form of the numeral "8" on the dance floor. May be used in any rhythm.

 # Heel Pivot heel pvt Heel Pivot
A turn on the heel of one foot with no other step taken. Differs from the Glossary term Heel Turn.

 # Slip slp Slip
From a lowered position, commence slight left face upper body rotation with rise. Place right toe directly behind left continuing rotation to allow woman's left foot to end outside man's right foot.

 # Swivel Walk swvl wlk Swivel Walk [# of steps]
Forward steps taken on the ball of the foot with the motion of the next step or body movement causing the foot to turn at the point of contact.