

ROUNDALAB STANDARD
Phase III of Round Dancing

MERENGUE

MR. MERENGUE

CHARACTERISTICS: In round dancing, the Merengue rhythm is denoted using 4/4 timing. The music and the basic step may be counted 1, 2, 3, 4; although counting to 8 is also popular. Most merengue patterns require 4 beats or a multiple of 4 beats of music. The music tempo ranges from 120 to 160 beats per minute. The basic step can be thought of as side, close with strong Cuban motion, which is an essential defining element of the dance. It results from a combination of rolling the foot from the inside edge of the ball of foot to the flat of foot, delaying the full weight change, and the alternate bending and straightening of the knees. As full weight is taken on the supporting foot that knee straightens and that hip is pushed up and out while at the same time the knee of the free leg bends and that hip drops. The rolling action of the foot ensures the hip arrives after weight is taken over the new standing foot. Forward and back steps should be taken with forward poise and toes turned out. All steps are fairly small.

NOTE: In the Merengue context, the term "continuous" is used in the name of 2-measure figures which relate to already-familiar Rumba figures executed in "continuous" fashion, i.e., without the last beat hold, and ending with a 2-beat movement which is often a "side close".

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Arm Slide	Conga Walks Fwd and Bk	Promenade	Stair Forward
Basic	Conga Walks, Side	Promenade Turn Away	Stair Side
Break [to Position]	Lariat	Rock Turn	Underarm Turn
Circle Away & Tog	Merengue Whisk	Roll	
Circle Walk Right	Open Break	Separation	

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Arm Slide

arm sld

Arm Slide

1,2,3,4;

BK, BK, BK, BK;

1,2,3,4;

FWD, FWD, FWD, FWD;

MAN: Taking small steps back left, back right, back left, back right; forward left, forward right, forward left, forward right;

WOMAN: Taking small steps back right, back left, back right, back left; forward right, forward left, forward right, forward left;

NOTE: At the beginning of the figure, the man's hands are placed palm up under the woman's upper arms. The woman's hands are placed palm down on top of the man's upper arms. At the end of the first four steps, the arms will be extended in a low handhold position. As the dancers step together the arms should be brought to the position desired for the next figure.

Basic

bas

Basic

1,2,3,4;

SD, CL, SD, CL;

MAN: Side left, close right, side left, close right;

WOMAN: Side right, close left, side right, close left;

NOTE: Starts and ends in Closed Position.

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- # Conga Walks, Side** conga wiks L & R Conga Walks Left & Right
1,2,3,4; 1,2,3,4; SD, XIF, SD, TAP; SD, XIF, SD, TAP;
MAN: Side left, cross right in front of left, side left with slight upper body turn to the right, flexing left knee tap right toe to the side leaning upper body left and slightly back; side right, cross left in front of right, side right with slight upper body turn to the left, flexing right knee tap left toe to the side leaning upper body right and slightly back;
WOMAN: Side right, cross left in front of right, side right with slight upper body turn to the left, flexing right knee tap left toe to the side leaning upper body right and slightly back; side left, cross right in front of left, side left with slight upper body turn to the right, flexing left knee tap right toe to the side leaning upper body left and slightly back;
NOTE: Danced in facing position with or without hand hold.
- # Lariat** lrt Lariat
1,2,3,4; IN PLC, IN PLC, IN PLC, IN PLC;
1,2,3,4; IN PLC, IN PLC, IN PLC, IN PLC;
(FWD CRV, FWD CRV, FWD CRV, FWD CRV;
FWD CRV, FWD CRV, FWD CRV, CL;)
MAN: Step in place left, right, left, right; left, right, left, right;
WOMAN: Circle clockwise around man forward right, forward left, forward right, forward left; continue circling around man forward right, forward left, forward right to face man, close left;
NOTE: Starts with lead hands joined, woman at man's right side but facing in opposite direction to man. Handhold is retained throughout, raised over the man's head on steps 1-6 then down on the last two steps.
- # Merengue Whisk** MR wsk Merengue Whisk
1,2,3,4; XIB, REC, SD, CL;
MAN: In Closed Position cross left in back turning 1/8 left face to Semi-Closed Position, recover right turning 1/8 right face to Closed Position, side left, close right;
WOMAN: In Closed Position cross right in back turning 1/8 right face to Semi-Closed Position, recover left turning 1/8 left face to Closed Position, side right, close left;
- # Open Break** op brk Open Break
1,2,3,4; APT, REC, SD, CL;
MAN OR WOMAN: From a facing position rock apart strongly on lead foot, recover, side, close;
NOTE: Generally starts in Closed or Butterfly Position changing to Left Open Facing Position on step 1, with the trail arm extended up or side, and returning to Closed or Butterfly Position on step 3.
- # Promenade** prom Promenade
1,2,3,4; FWD, FWD TRN, SD, CL;
MAN: In Semi-Closed Position forward left, forward right turning to face partner, side left, close right;
WOMAN: In Semi-Closed Position forward right, forward left turning to face partner, side right, close left;
NOTE: Starts in Semi-Closed Position and ends in Closed Position.

- # Promenade Turn Away** prom trn awy Promenade Turn Away
 1,2,3,4; FWD, FWD TRN, SD, REC TRN;
 1,2,3,4; FWD TRN, REC TRN, SD TRN, CL;
MAN: In Semi-Closed Position forward left, forward right turning to face partner, side left, continuing to turn right face recover right to face Reverse Line of Progression in Left Open Position; continuing to turn forward left to Back To Back Position, continuing to turn recover right to face Line of Progression, continuing to turn side left to face partner, close right;
WOMAN: In Semi-Closed Position forward right, forward left turning to face partner, side right, continuing to turn left face recover left to face Reverse Line of Progression in Left Open Position; continuing to turn forward right to Back To Back Position, continuing to turn recover left to face Line of Progression, continuing to turn side right to face partner, close left;
NOTE: Starts in Semi-Closed Position and ends in the designated facing position. From step 2 to step 7 the figure turns continuously, right face for the man, left face for the woman.
- # Rock Turn** rk trn Rock Turn
 1,2,3,4; FWD TRN, BK TRN, SD, CL;
 (BK TRN, FWD TRN, SD, CL;)
MAN: Rock forward left turning 1/8 left face, rock back right turning 1/8 left face, side left, close right;
WOMAN: Rock back right turning 1/8 left face, rock forward left turning 1/8 left face, side right, close left;
NOTE: Closed Position throughout.
- # Roll** none Roll
 1,2,3,4; FWD TRN, BK TRN, SD, CL;
MAN: Side and forward left turning 1/2 left face, side and back right turning 1/2 left face, side left, close right;
WOMAN: Side and forward right turning 1/2 right face, side and back left turning 1/2 right face, side right, close left;
- # Separation** none Separation
 1,2,3,4; FWD, IN PLC, IN PLC, IN PLC;
 (BK, BK, BK, CL;)
MAN: Forward left, in place right, in place left, in place right;
WOMAN: Back right, back left, back right, close left;
NOTE: The figure usually begins and ends with lead hands joined and trail hands joined. When starting from Butterfly Position lower the joined hands on the first step and keep them joined low throughout. When starting from Closed Position, the lady's left hand slides down the man's right arm as she backs up.
- # Stair Forward** fwd stair Forward Stair
 1,2,3,4; FWD, CL, SD, CL;
 (BK, CL, SD, CL;)
MAN: Forward left, close right, side left, close right;
WOMAN: Back right, close left, side right, close left;
NOTE: Closed Position throughout.

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