**ROUNDALAB STANDARD**
**Phase IV of Round Dancing**

***Click Action or Movement title to go to definition.***

| | | | |
|---|---|---|---|
| **Gancho** | **La Piz** | **Ronde** | **Hover Sway** |
| **Golpe** | **Latin Cross** | **Sway** | **Hip Rock** |
| **Heel Pull** | **Leg Crawl** | **Broken Sway** | |

## I. ACTIONS

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

**# Gancho** none Gancho
Occurs when a dancer hooks the free leg sharply around and in contact with their partner's leg by flexing the knee and releasing. May be performed to the inside or outside of either leg and by either partner.

**# Golpe** none Golpe
With the free leg tilted foot tap the floor with the toe behind the supporting foot and allow the supporting leg to rebound keeping the knees together.

**# Heel Pull** none Heel Pull
A turn caused by pulling the free foot up to the weighted foot drawing the heel up first. There is also a **Heel Pull** figure.

**# La Piz** none La Piz
Slide right foot toe forward keeping toe in contact with floor and circle the toe on the floor clockwise, -, -, -; If done with the left foot toe, the circular motion is counterclockwise.

**# Latin Cross** Latin Xs Latin Crosses
In Latin dances when one leg is crossed behind or in front of the other leg both knees will be compressed, the toe of the back foot will be turned out, the knee of the back leg will be tucked behind the knee of the forward leg, the toe of the back foot will be near the heel of the forward foot. The position of the feet will slightly resemble a "7".

**# Leg Crawl** none Leg Crawl
An action in which the woman's left leg with the toe pointed to the floor goes up along the man's right outer thigh as the man straightens his leg from a soft knee.
**NOTE**: Generally commences from a Closed Position and after a man's step back with lead foot.

**# Ronde** none Ronde
A movement in which the free foot moves either forward or backward in an arc. The knee of the supporting leg is relaxed throughout the action. This ronde action may be in the air [Aerial Ronde] or on the floor [Floor Ronde].

**# Sway** none Sway
The inclination of the body from the ankle upward away from the unweighted foot.

**# Broken Sway** brkn sway Sway
The inclination of the body to the side from the waist upward.

**# Hover Sway** hvr sway Sway
The inclination of the body from the ankle upward away from the weighted foot.

## II. MOVEMENTS

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

**# Hip Rock** None Hip Rock
S RK SD
**MAN OR WOMAN:** Rock side rolling hip side and back.