

ROUNDALAB STANDARD
Phase IV of Round Dancing

FOXTROT

FT. FOXTROT

CHARACTERISTICS: In round dancing, the Foxtrot rhythm is denoted using 4/4 timing. Normally three steps to a measure with a count of SQQ. Body relaxed with soft knees, weight on the forward part of the weighted foot with minimum weight on the heel. Before taking step 1, body must have a slight lowering action throughout the leg of the weighted foot to create a heel lead with the moving foot. For natural [right] and reverse [left] turns, the man will have a slight early body rise at the end of step 1 to lead the woman into her heel turn. Natural turns - the upper body commences turn before the step is taken. Reverse turns - the body commences the turn after the forward action of the first step and continues to turn through step 2.

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Back Feather	Hesitation Change	Promenade Sway
Back Hover Telemark	Hover Corte	Promenade Weave
Back Three Step	Hover Telemark	Quick Diamond Four
Back Whisk	In and Out Runs	Reverse Fallaway from CP
Chair and Slip	Left Whisk	Reverse Fallaway from SCP
Change of Direction	Natural Hover Fallaway	Reverse Turn
Closed Impetus	Natural Turn	Reverse Turn One Half
Closed Wing	Natural Turn One Half	Reverse Wave
Cross Hesitation	Open Natural Turn	Right Lunge
Cross Pivot	Open Reverse Turn	Slow Side Lock
Cross Swivel	Outside Change to BJO Position	Telemark to BJO Position
Develope	Outside Change to SCP	Telemark to SCP
Diamond Turn	Outside Check	Three Step
Drag Hesitation	Outside Swivel	Weave to BJO Position
Feather	Oversway	Weave to SCP
Feather Finish	Pivot Right Face Double	Whiplash
Heel Pull	Progressive Wing	

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Back Feather

SQQ;

bk fthr

BK, -, BK, BK;

(FWD, -, FWD, FWD;)

Back Feather

MAN: Back left, -, back right with right shoulder leading, back left to Banjo;

WOMAN: Forward right, -, forward left with left shoulder leading, forward right to Banjo;

NOTE: Starts Closed Position usually facing Diagonal Reverse Line of Dance and Wall. May be turned right face up to 1/8 turn.

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Cross Pivot X pvt Cross Pivot
SQQ; FWD TRN, -, SD TRN, FWD;
(FWD TRN, -, SD TRN, BK;)

MAN: From Semi-Closed Position forward right in front of woman beginning a right face turn, -, side left continuing right face turn, forward right to Sidecar Position;

WOMAN: From Semi-Closed Position forward left small step commence right face turn, -, forward right between man's feet heel to toe pivoting 1/2 right face, side and back left to Sidecar Position;

NOTE: Man makes a 3/4 right face turn. Woman makes 3/8 right face turn. The second step for the woman is between the man's feet. May start in Closed Position with woman's first step back commencing a right face turn.

Cross Swivel X swvl Cross Swivel
SQQ; FWD, -, SWVL PT, CK FWD;
(BK, -, SWVL PT, CK BK;)

MAN: Forward left, -, swiveling on left foot and turning left face point right towards Line of Dance, check forward on right toward Reverse Line of Dance in Banjo;

WOMAN: Back right, -, swiveling on right foot and turning left face point left foot towards Line of Dance, check back on left toward Reverse Line of Dance in Banjo;

NOTE: Usually starts in Closed Position. Figure will turn 1/2 left face.

Develope none Develope
SS; FWD CK, -, -, -;
(SQQ;) (BK, -, FT UP, XTND FT;)

MAN: Forward left outside partner checking, -, -, -;

WOMAN: Back right, -, bring left foot up right leg to inside of right knee, extend left foot forward;

NOTE: Figure is executed on ball of foot with body stretched upward on Develope but knee remains flexed. May be executed from any position, with either foot and by either or both partners, with or without a swivel.

Diamond Turn diam trn Diamond Turn
SQQ; SQQ; FWD, -, SD, BK; BK, -, SD, FWD;
SQQ; SQQ; FWD, -, SD, BK; BK, -, SD, FWD;
(BK, -, SD, FWD; FWD, -, SD, BK;
BK, -, SD, FWD; FWD, -, SD, BK;)

MAN: Forward left turning left face on the diagonal, -, continuing left face turn side right, back left with the partner outside the man in Banjo; staying in Banjo and turning left face back right, -, side left, forward right outside partner in Banjo; forward left turning left face on the diagonal, -, side right, back left with the partner outside man in Banjo; back right continuing left face turn, -, side left, forward right to designated position and facing direction;

WOMAN: Back right turning left face on the diagonal, -, continuing left face turn side left, forward right outside partner; forward left turning left face, -, side right, back left; back right turning left face, -, side left, forward right outside partner; forward left turning left face, -, side right, back left to designated position and facing direction;

NOTE: Turns 1 full turn left face in 4 measures. Each measure turns 1/4. Starts in Banjo, Sidecar or Closed Position and ends in designated position and facing direction.

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Drag Hesitation

SS;

drg hes

Drag Hesitation

FWD, -, TRN SD DRAW, -;
(BK, -, TRN SD DRAW, -;)

MAN: Forward left, -, commencing left face turn side right continuing left face turn draw left toward right over the remainder of the measure ending in Banjo Position, -;

WOMAN: Back right, -, commencing left face turn side left continuing left face turn draw right toward left over the remainder of the measure ending in Banjo Position, -;

NOTE: May be done from different positions. Overall turn is approximately 3/8. Usually ends facing Diagonally Reverse Line of Dance and Center of Hall.

Feather

SQQ;

fthr

Feather

THRU, -, FWD, FWD;
(THRU TRNG, -, SD & BK, BK;)

MAN: From Semi-Closed Position forward right, -, forward left, forward right outside the woman in Banjo;

WOMAN: From Semi-Closed Position thru left turning left face toward partner, -, side and back right, back left in Banjo;

NOTE: May begin in other dance positions. Figure consists of 3 steps starting with man's right and woman's left and always ends in Banjo.

Feather Finish

SQQ;

fthr fin

Feather Finish

BK, -, SD & FWD, XIF;
(FWD TRNG, -, SD & BK, BK;)

MAN: Back right turning left face, -, side and forward left, forward right outside woman crossing right leg in front of left at thighs to Banjo;

WOMAN: Forward left turning left face, -, side and back right, back left crossing leg in back of right at thighs;

NOTE: Begins in Closed or Banjo. Ends in Banjo. May turn as little as 1/8 or as much as 1/2 to the left.

Heel Pull

SS;

(SQQ;)

none

Heel Pull

BK TRN, -, SD, -;
(FWD, -, SD, DRAW;)

MAN: Back left starting right face turn, -, continuing turn on left heel pull right foot back to left transferring weight to right at end of step ending side with feet slightly apart, -;

WOMAN: Forward right turning right face, -, continuing right face turn side left, draw right to left;

NOTE: Usually ends facing Diagonally Line and Center. Amount of turn may vary. Usually done in Closed Position.

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Hesitation Change

SS;

hes chg

Hesitation Change

BK, -, TRN SD DRAW, -;

(FWD, -, TRN SD DRAW, -;)

MAN: Commence right face upper body turn back left, -, side right continuing right face turn starting to draw left to right and continue drawing left to right over the remainder of the measure, -;

WOMAN: Commence right face upper body turn forward right, -, side left continuing right face turn starting to draw right to left and continue drawing right to left over the remainder of the

measure, -;

NOTE: Usually done in Closed Position but may be done in Banjo. Turn may be 1/8 to 1/2.

Hover Corte

SQQ;

hvr corte

Hover Corte

BK & TRN, -, SD & FWD RISE, REC;

(FWD & TRN, -, SD & FWD RISE, REC;)

MAN: Back right starting left face turn, -, side and forward left with hovering action continuing body turn, recover right in Banjo Position;

WOMAN: Forward left turning left face, -, side and forward right with hovering action, recover left outside the man to Banjo Position;

NOTE: Up to 1/2 left face turn. Starts in Closed Position and stays in Closed Position for steps 1 and 2, goes to Banjo Position on step 3.

Hover Telemark

SQQ;

hvr tele

Hover Telemark

FWD, -, SD & FWD RISE & TRN, FWD;

(BK, -, SD & BK RISE & TRN, FWD;)

MAN: Forward left, -, diagonal side and forward right rising slightly [hovering] with body turning 1/8 to 1/4 right face, forward left small step on toes to Semi-Closed Position;

WOMAN: Back right, -, diagonal side and back left with hovering action and body turning 1/8 to 1/4 right face, forward right small step on toes to Semi-Closed Position;

NOTE: Starts in Closed Position and ends in Semi-Closed Position. Woman may brush right to left on second step.

In and Out Runs

SQQ;

SQQ;

I/O runs

In and Out Runs

FWD & TRN, -, SD & BK, BK;

BK & TRN, -, SD & FWD TRN, FWD;

(FWD, -, FWD, FWD;

FWD & TRN, -, FWD & SD TRN, FWD;)

MAN: Forward right starting right face turn, -, side and back Diagonal Line of Dance and Wall on left to Closed Position, back right to Banjo Position; using CBM back left turning right face, -, side and forward right between woman's feet continuing right face turn, forward left to Semi-Closed Position;

WOMAN: Forward left, -, forward right between man's feet, forward left outside the man in Banjo Position; using CBM forward right starting right face turn, -, forward and side left continuing right face turn, forward right to Semi-Closed Position;

NOTE: Starts and ends in Semi-Closed Position.

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Open Natural Turn op nat trn Open Natural
SQQ; FWD TRN, -, SD, BK;
 (BK TRN, -, CL, FWD;)

MAN: Commence right face upper body turn forward right heel to toe, -, side left across Line of Dance, continue slight right face upper body turn back right leading partner to step outside the man to Banjo Position;

WOMAN: Commence right face upper body turn back left, -, close right [heel turn] continue turn, forward left outside partner to Banjo Position;

NOTE: May be done from Closed, Banjo or Semi-Closed Position. When the figure is started from a Semi-Closed Position, the women's footwork is thru left, -, forward right to Closed Position, forward left outside the man to Banjo Position.

Open Reverse Turn op rev trn Open Reverse
SQQ; FWD TRN, -, TRN SD, BK;
 (BK TRN, -, TRN SD, FWD;)

MAN: Forward left turning left face 1/8 to 1/4, -, continue left face turn side right, back left to Banjo;

WOMAN: Back right turning left 1/8 to 1/4, -, continue left face turn side left, forward right to Banjo;

NOTE: Starts in Closed Position. Usually 3/8 left face turn. Ends in Banjo.

Outside Change to Banjo Position

SQQ; outsd chg to BJO Outside Change to Banjo
 BK, -, BK TRN, SD & FWD;
 (FWD, -, FWD TRN, SD & BK;)

MAN: Back left, -, back right turning left face, side and forward left outside partner to Banjo Position;

WOMAN: Forward right, -, forward left turning left face, side and back right to Banjo Position;

NOTE: Starts in Closed or Banjo Position. Up to 1/2 left face turn. No sway. Woman keeps head left throughout.

Outside Change to Semi-Closed Position

SQQ; outsd chg to SCP Outside Change to Semi-Closed
 BK, -, BK TRN, SD & FWD;
 (FWD, -, FWD TRN, SD & FWD;)

MAN: Back left, -, back right turning left face, side and forward left to Semi-Closed Position;

WOMAN: Forward right, -, forward left turning left face, side and forward right to Semi-Closed Position;

NOTE: Starts in Closed or Banjo. Up to 1/2 left face turn. There is no sway. Woman keeps head left for steps 1 and 2 and turns head to right on step 3.

Outside Check outsd ck Outside Check
SQQ; BK, -, SD & FWD, CK FWD;
 (FWD TRN, -, SD & BK, CK BK;)

MAN: Back right turning left face, -, side and forward left, check forward right outside partner to Banjo;

WOMAN: Forward left turning left face, -, side and back right, check back left outside partner to Banjo;

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- # Outside Swivel** outsd swvl Outside Swivel
SS;
BK, -, XIF [NO WGT], -;
(FWD, -, SWVL [NO WGT], -;)
MAN: Back left in CMBP, -, cross right in front of left with no weight, -;
WOMAN: In Banjo Position forward on right, -, swivel right face on ball of right foot ending in Semi-Closed Position, -;
- # Oversway** ovrsway Oversway
S
SD SWAY, -,
(SD SWAY, -;)
MAN: Side left relaxing left knee leaving right leg extended and stretching left side of body, -,
WOMAN: Side right relaxing right knee leaving left leg extended and stretching right side looking well to left, -,
NOTE: As knee is flexed, there is a slight left face turn similar to a Side Dip or Side Corte.
- # Pivot Right Face Double** pvt RF dbl Pivot 4
SS; SS;
BK TRN, -, FWD TRN, -; BK TRN, -, FWD TRN, -;
(FWD TRN, -, BK TRN, -; FWD TRN, -, BK TRN, -;)
MAN: Usually starts in Closed Position facing Reverse Line of Dance with soft or flexed knees throughout commence right face upper body turn back left toe turning on ball of foot approximately 1/2 right face, -, continuing turn forward right between woman's feet heel to toe turning approximately 1/2, -; continuing turn back left toe turning on ball of foot approximately 1/2 right face, -, continuing turn forward right between woman's feet heel to toe turning right face to end in position and facing direction indicated, -;
WOMAN: Usually starts in Closed Position facing Line of Dance with soft or flexed knees throughout commence right face upper body turn forward right between man's feet heel to toe turning approximately 1/2 right face, -, continuing turn back left toe turning on ball of foot approximately 1/2 right face, -; continuing turn forward right between man's feet heel to toe turning approximately 1/2 right face, -, continuing turn back left toe turning on ball of foot to end in position and facing direction indicated, -;
- # Progressive Wing** prog wing Progressive Wing
SQQ;
FWD, -, FWD & SD, XIB;
(FWD TRN, -, FWD TRN, FWD TRN;)
MAN: Forward right commence slight left face turn, -, forward and side left continue left face turn, cross right behind left to end in Sidecar Position;
WOMAN: Forward left commence slight left face turn, -, forward right around man continue slight left face turn, forward left around man completing left face turn to end in Sidecar Position;
NOTE: The starting position is Semi-Closed.
- # Promenade Sway** prom sway Promenade Sway
SS;
SD & FWD TRN, -, RELAX KNEE, -;
(SD & FWD TRN, -, RELAX KNEE, -;)
MAN: Side and forward left turning to Semi-Closed Position and stretching body upward to look over joined lead hands, -, relax left knee, -;
WOMAN: Side and forward right turning to Semi-Closed Position and stretching body upward to look over joined lead hands, -, relax right knee, -;

FOXTROT

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Promenade Weave

SQQ;
QQQQ;

prom wev Promenade Weave
FWD, -, FWD, SD & BK;
BK, BK, SD & FWD, FWD;
(FWD, -, SD & BK TRN, FWD;
FWD, FWD TRN, SD & BK, BK;)

MAN: From Semi-Closed Position Diagonal Line of Dance and Center of Hall forward right, -, forward left commence left face turn, side and slightly back on right to Banjo Position Diagonal Line of Dance and Center of Hall; back left Diagonal Line of Dance and Center of Hall, back right commence left face turn and lead woman to Closed Position, side and slightly forward left Diagonal Line of Dance and Wall, forward right outside partner to Banjo Diagonal Line of Dance and Wall;

WOMAN: From Semi-Closed Position Diagonal Line of Dance and Center of Hall forward left, -, side and slightly back right commence left face turn to Banjo Position facing Reverse Line of Dance and Wall, continue turning on right foot until facing Line of Dance then forward left Diagonal Line of Dance; forward right, forward left Diagonal Line of Dance and Center of Hall commence left face turn, continue left face turn side and slightly back right facing Center of Hall, back left to Banjo to end backing Diagonal Line of Dance and Wall;

NOTE: Starts Semi-Closed Position Diagonal Line of Dance and Center of Hall. Ends in Banjo Diagonal Line of Dance and Wall.

Quick Diamond Four

QQQQ;

qk diam 4 Quick Diamond 4
FWD, SD, BK, BK;
(BK, SD, FWD, FWD;)

MAN: Forward left on the diagonal commence left face turn, continue left face turn side right, back left, back right to designated position and facing direction;

WOMAN: Back right on the diagonal commence left face turn, continue left face turn side left, forward right, forward left to designated position and facing direction;

NOTE: Starts from Closed Position, Sidecar Position or Banjo.

Reverse Fallaway from CP

SQQ;

rev falwy Reverse Fallaway
FWD TRN, -, SD, XIB;
(BK TRN, -, SD, XIB;)

MAN: From Closed Position forward left turning left face, -, side right, cross left in back of right;

WOMAN: From Closed Position back right turning left face, -, side left, cross right in back;

NOTE: When starting in Closed Position, turn is usually 1/8 to 1/4 left face. The cross in back step should be taken well under the body. Ends in a tight "V" Semi-Closed Position.

Reverse Fallaway from SCP

SQQ;

rev falwy Reverse Fallaway
THRU TRN, -, FWD TRN, BK;
(THRU TRN, -, BK TRN, BK;)

MAN: From Semi Closed Position thru right with slight body turn to left, -, forward left turning left face, back right;

WOMAN: From Semi Closed Position thru left with slight body turn to left, -, back right turning left face, back left;

NOTE: When starting in Semi Closed Position, turn is usually 3/8 left face. Ends in a tight "V" Semi Closed Position.

Phase IV of Round Dancing

Slow Side Lock

SQQ;

slo sd lk

Slow Side Lock

THRU, -, SD & FWD, XIB;

(THRU TRN, -, SD & BK TRN, XIF;)

MAN: Thru right, -, side and forward left to Closed Position, cross right in back of left turning slightly left face;

WOMAN: Thru left starting left face turn, -, side and back right continuing left face turn to Closed Position, cross left in front of right;

NOTE: Starts in Semi-Closed Position Diagonal Line of Dance and Center of Hall and ends Closed Position Diagonal Line of Dance and Center of Hall.

Telemark to Banjo Position

SQQ;

tele to BJO

Telemark to Banjo

FWD TRN, -, FWD & SD TRN, FWD & SD;

(BK TRN, -, HEEL TRN, BK & SD;)

MAN: Forward left [or from Sidecar Position forward left outside woman] commencing to turn left face, -, forward and side right around woman close to woman's feet turning left face, forward and side left to end in a tight Banjo Position;

WOMAN: Back right commencing left face heel turn on right heel bringing left beside right with no weight, -, continue left face turn on right heel and change weight to left, back and side right;

NOTE: May start from Closed, Banjo or Sidecar Position. Sometimes cued as "Closed Telemark".

Telemark to Semi-Closed Position

SQQ;

tele to SCP

Telemark to Semi-Closed

FWD TRN, -, FWD TRN, SD & FWD;

(BK TRN, -, HEEL TRN, SD & FWD;)

MAN: Forward left commencing to turn left face, -, side right continuing left face turn, side and slightly forward left to end in tight Semi-Closed Position;

WOMAN: Back right commencing to turn left bringing left beside right with no weight, -, turn left face on right heel [heel turn] and change weight to left, side and slightly forward right to end in tight Semi-Closed Position;

NOTE: May start in Closed, Sidecar or Banjo Position. Normally a 3/4 turn left face. Sometimes cued as "Open Telemark".

Three Step

SQQ;

3 stp

Three Step

FWD, -, FWD, FWD;

(BK, -, BK, BK;)

MAN: Starting with left foot, three forward passing steps with heel lead on steps 1 and 2 rising to toe on step 3.

WOMAN: Starting with right foot, three backward passing steps.

NOTE: May start in Closed or Banjo Position ending in Closed Position.

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Weave to Banjo Position

SQQ;
SQQ;

wev to BJO Weave to Banjo
FWD, -, FWD TRN, SD & BK;
BK, -, BK TRN, SD & FWD;
(FWD, -, SD TRN, SD & FWD;
FWD, -, FWD TRN, SD & BK;)

MAN: Forward right Diagonal Line of Dance and Center of Hall, -, forward left commence left face turn, continue turn side and slightly back right to face Diagonal Reverse Line of Dance and Center of Hall; back left Line of Dance leading woman to step outside to CBMP, -, back right continue left face turn, side and forward left Diagonal Line of Dance and Wall to Banjo Position preparing to step outside of partner;

WOMAN: Forward left Diagonal Line of Dance and Center of Hall commence left face turn, -, continue turn side and slightly back right to face Diagonal Reverse Line of Dance and Wall, continue turn side and forward left Line of Dance; forward right Line of Dance outside the partner to CBMP, -, forward left Line of Dance continue turn, side and slightly back right Diagonal Line of Dance and Wall to Banjo Position;

NOTE: Figure starts in Semi-Closed Position Diagonal Line of Dance and Center of Hall. There is no sway.

Weave to Semi-Closed Position

SQQ;
SQQ;

wev to SCP Weave to Semi-Closed
FWD, -, FWD TRN, SD & BK;
BK, -, BK TRN, SD & FWD;
(FWD, -, SD TRN, SD & FWD;
FWD, -, FWD TRN, SD & FWD;)

MAN: Forward right Diagonal Line of Dance and Center of Hall, -, forward left commence left face turn, continue turn side and slightly back right to face Diagonal Reverse Line of Dance and Center of Hall; back left Line of Dance leading woman to step outside to CBMP, -, back right continue left face turn, side and forward left Diagonal Line of Dance and Wall to Semi-Closed Position;

WOMAN: Forward left Diagonal Line of Dance and Center of Hall commence left face turn, -, continue turn side and slightly back right to face Diagonal Reverse Line of Dance and Wall, continue turn side and forward left Line of Dance; forward right Line of Dance outside the partner to CBMP, -, forward left Line of Dance continue turn, side right Diagonal Line of Dance to Semi-Closed Position;

NOTE: Figure starts in Semi-Closed Position facing Diagonal Line of Dance and Center of Hall. There is no sway.

Whiplash

SS;

none Whiplash
THRU, -, PT, -;
(THRU, -, PT, -;)

MAN: From Semi-Closed Position thru right, -, turning body right face point left hold ending in Closed Position, -;

WOMAN: From Semi-Closed Position thru left, -, swivel on left to face partner and point right hold ending in Closed Position, -;

FOXTROT

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