



**ROUNDALAB**

**STANDARDS FOR  
ROUND DANCING**

**PHASE IV**



## ROUNDALAB STANDARD Phase IV of Round Dancing

This booklet describes and defines the actions, movements and figures used in various rhythms of Phase IV 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:

Argentine Tango	AT	Mambo	MB	Samba	SB
Bolero	BL	Merengue	MR	Slow Two Step	ST
Cha Cha	CH	Paso Doble	PD	Tango	TG
Foxtrot	FT	Quickstep	QS	Waltz	WZ
Jive	JV	Rumba	RB	West Coast Swing	WC

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](http://www.roundalab.org)  
E-MAIL: [roundalab@roundalab.org](mailto:roundalab@roundalab.org)

- Phase Booklets – Phases I through VI
- Glossary
- Abbreviations Booklet
- Index for Glossary & Phase Booklets

## **ROUNDALAB STANDARD**

### **Phase IV of Round Dancing**

- Listing of Phase Rated Actions, Movements and Figures by Rhythm Booklet
- 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](http://www.roundalab.org)  
E-MAIL: [roundalab@roundalab.org](mailto: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.

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

**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 suggests the Phase Rating be included in the lead information on every cue sheet. Choreographers should put a "degree of difficulty" as part of the heading of a cue sheet, as determined by the following parameters:

- a. EASY [EZ] – a dance that can be done to cues by the average dancer at THAT phase level without further instructions by the cuer.
- b. AVERAGE [AVG] – a dance that can be done to cues by the average dancer at THAT phase level with one or two simple instructions explained by the cuer, e.g., "Lady rolls to LOP, not a Cross Wrap".
- c. DIFFICULT [DIFF] – a dance that probably cannot be done by the average dancer at that phase level without a special teach because of rotations; unphased actions, movements or figures; unusual positioning; figure modifications; or tempo or timing changes.

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.

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

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**III. FIGURES**

**AT. ARGENTINE TANGO**

**CHARACTERISTICS:** In round dancing, the Argentine Tango rhythm is denoted using 4/4 timing. Figures are sometimes written in measures using various patterns of timing such as [SS]; [QQS]; [QQQQ]. The Argentine Basic is danced SS; QQS. The basic dance position in Argentine Tango is called the “Embrace,” which is described as follows. In Closed Position, both the man and lady have a little forward poise. The lady curves her arm and places her hand on the man’s upper arm and shoulder. Taller ladies may extend her hand up to and slightly around the man’s neck. The man typically places his right hand a little further around the lady’s back. The man’s head is tilted slightly downward and to the left, while the lady’s head is tilted slightly downward toward the man’s left shoulder. The walking action is done with little rise and fall with forward steps taken ball-flat or simply on the flat of the foot. A heel lead may be used to achieve more travel.

**In box, click figure title to go to definition.**

<b>Back Ocho</b>	<b>Doble Cruz</b>	<b>Gaicho Turn</b>	<b>Right Foot Basic</b>
<b>Criss Cross</b>	<b>Forward Ocho</b>	<b>Left Foot Basic</b>	<b>Tango Close</b>

**From other pages, click any definition title to return to this page.**

**# Back Ocho**  
S

bk ocho  
-, -,  
(BK SWVL, -)

Back Ocho

**MAN:** The man does not change weight during this figure. In preparation, the man swivels the lady to face the same direction as the man to his right side. This is done at the end of the previous figure, or just prior to the lady’s first step of the Back Ocho. The man leads the lady to step outside partner with rounded right arm to support her swiveling. If the lady is stepping back with her left foot, then the man will rotate his upper body 1/8 right face. If the lady is stepping back with her right foot, then the man will rotate his upper body 1/8 left face.

**WOMAN:** If Lady’s right foot is free, back right to man’s right side swiveling left face 1/2 while making a counterclockwise curve with the left foot while keeping the left toe touching the floor, bring the left foot up to and beside the right foot while finishing the curving action. If the lady’s left foot is free, back left on man’s right side swiveling right face 1/2 while making a clockwise curve with the right foot while keeping the right toe touching the floor, bring the right foot up to and beside the left foot while finishing the curving action. The curving action may be minimal, close to the swiveling foot.

**NOTE:** (1) The figure is to be cued relative to the lady. This figure may be done with either foot and is usually done as two Back Ochos. When two Back Ochos are done sequentially, the curving action would create a small figure-8 on the floor. (2) While the basic Back Ocho figure takes 2 beats, it may be cued as Slow Back Ocho, having 4 beats. (3) The man may have various options, including, but not limited to (a) changing weight as the lady changes weight, (b) moving in the same direction as the lady, or (c) no foot movement, as defined above. The man’s variations are to be defined within each choreographer’s cue sheet. This figure maintains the characteristics of Argentine Tango but may be danced in other forms of Tango.

## ARGENTINE TANGO

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

#### # Criss Cross

SS; QQS;

criss x

Criss Cross

SD & FWD, -, THRU SWVL, -; THRU, SD, DRAW, -;  
(SD & FWD, -, THRU SWVL, -; THRU, SD, DRAW, -;)

**MAN:** Side and forward left to loose Semi-Closed Position, -, thru right swivel to Reverse Semi-Closed, -; thru left, side right to Closed Position, draw left to right, -;

**WOMAN:** Side and forward right to loose Semi-Closed Position, -, thru left swivel to Reverse Semi-Closed Position, -; thru right, side left, draw right to left, -;

**NOTE:** Figure starts in Semi-Closed Position and ends in Closed Position. This figure maintains the characteristics of American Tango but may be danced in other forms of Tango.

#### # Doble Cruz

SQQ; QQQQ;

none

Doble Cruz

FWD, -, THRU, SD; XIB, RONDE, XIB, BK;  
(FWD, -, THRU, SD; XIB, RONDE, XIB, FWD;)

**MAN:** Forward left to Semi-Closed Position, -, thru right, side left to Closed Position; cross right in back of left, ronde left, cross left in back of right starting a 1/4 left face turn, back right to Banjo Position;

**WOMAN:** Forward right to Semi-Closed Position, -, thru left, side right to Closed Position; cross left in back of right, ronde right, cross right in back of left, turning left face up to 1/2 forward left to Banjo Position;

**NOTE:** This figure maintains the characteristics of Argentine Tango but may be danced in other forms of Tango.

#### # Forward Ocho

S

fwd ocho

Forward Ocho

-, -,  
(FWD SWVL, -)

**MAN:** If starting from Banjo Position without changing weight rotating upper body right face lead the woman forward outside partner with rounded right arm to support her swiveling ending in a loose Semi-Closed Position, -,

If starting from loose Semi-Closed Position without changing weight rotating upper body left face lead the woman forward outside partner with rounded right arm to support her swiveling ending in a Banjo Position, -,

**WOMAN:** If starting from Banjo Position forward right to man's right side swiveling 1/2 right face while making a clockwise curve with the left foot while keeping the left toe touching the floor bring the left foot up to and beside the right foot while finishing the curving action, -,

If starting from loose Semi-Closed Position forward left swiveling 1/2 left face while making a counterclockwise curve with the right foot while keeping the right toe touching the floor bring the right foot up to and beside the left foot while finishing the curving action, -,

The curving action may be minimal.

**NOTE:** (1) The figure is to be cued relative to the lady. This figure may be done with either foot. When two Forward Ochos are done sequentially, the curving action would create a figure-8 on the floor. (2) While the basic Forward Ocho figure takes 2 beats, it may be cued at Slow Forward Ocho, having 4 beats. (3) The man may have various options, including, but not limited to (a) changing weight as the lady changes weight, (b) moving in the same direction as the lady, (c) moving in the opposite direction of the lady, or (d) no foot movement, as defined above. The man's variations are to be defined within each choreographer's cue sheet. This figure maintains the characteristics of Argentine Tango but may be danced in other forms of Tango.

**ROUNDALAB STANDARD**  
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**ARGENTINE TANGO**

**# Gaucho Turn** gcho trn Gaucho Turn [# of Steps]  
QQ RK FWD TRN, REC BK TRN,  
(RK BK TRN, REC FWD TRN,)

**MAN:** Usually in Closed Position rock forward left, recover back right with a 1/4 left turn,

**WOMAN:** Usually in Closed Position rock back right, recover forward left with a 1/4 left turn,

**NOTE:** The figure is usually cued in an even number of steps. Using one step per beat, it continues to turn left another 1/4 of turn with each two steps. A common variation is to start the figure by stepping back first, and then forward, in which case it should be cued as "Back Gaucho Turn [# of Steps]." This figure maintains the characteristics of American Tango but may be danced in other forms of Tango.

**# Left Foot Basic** L ft basic Left Foot Basic  
QQS; QQS; PT SD, DRAW, SD & FWD, -; FWD, FWD, CL, -;  
(PT SD, DRAW, SD & BK, -; BK, BK, XIF, -;)

**MAN:** Point side left, draw left to right with a slight left face turn, side and forward left to Banjo, -; forward right in CBMP, forward left toward Closed Position, close right to Closed Position, -;

**WOMAN:** Point side right, draw right to left with a slight left face turn, side and back right to Banjo, -; back left in CBMP, back right toward Closed Position, cross left in front of right to Closed Position, -;

**NOTE:** Starts in Closed Position and ends in Closed Position. Figure turns up to 1/8. If cued as a turning figure, the turn is 1/4. This figure maintains the characteristics of Argentine Tango but may be danced in other forms of Tango.

**# Right Foot Basic** R ft bas Right Foot Basic  
SS; QQS; BK TRN, -, SD & FWD, -; FWD, FWD, CL, -;  
(FWD TRN, -, SD & BK, -; BK, BK, XIF, -;)

**MAN:** Back right with a slight left face turn, -, side and forward left to Banjo Position, -; forward right in CBMP, forward left, close right to Closed Position, -;

**WOMAN:** Forward left with a slight left face turn, -, side and back right to Banjo Position, -; back left in CMBP, back right, cross left in front of right to Closed Position, -;

**NOTE:** Starts in Closed Position and ends in Closed Position. Figure usually turns 1/8 to 1/4 to the left. This figure maintains the characteristics of Argentine Tango but may be danced in other forms of Tango.

**# Tango Close** tg cl Tango Close  
QQQQ; FWD, FWD & SD, DRAW, CL;  
(BK, BK & SD, DRAW, CL;)

**MAN:** Forward left, forward and side right, draw left to right with no weight, close left to right;

**WOMAN:** Back right, back and side left, draw right to left with no weight, close right to left;

**NOTE:** (1) Usually done in Closed Position. Draw occurs over the 3<sup>rd</sup> beat of the measure. (2) For musicality, the draw could be dragged a little longer, in which case the close is at the end of the 4<sup>th</sup> beat. (3) The figure can also be cued as "Forward Tango Close." (4) The figure may make up to 1/4 left face turn on count 1, in which case it is cued as "Turning Tango Close." This figure maintains the characteristics of American Tango but may be danced in other forms of Tango.

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## BOLERO

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

#### # Left Pass

SQQ;

L pass

Left Pass

CL, -, TRN & SLP BK, FWD;  
(FWD TRN, -, FWD TRN, BK;)

**MAN:** Close left with upper body turn to right leading partner to turn right face to a partial wrap, -, back right with slipping action, forward left turning left face;

**WOMAN:** Forward right turning 1/2 right face with back to partner, -, side and forward left in front of Man turning left face, back right;

**NOTE:** Usually turns 3/8 left face.

#### # Opening Out

SQQ;

opg out

Opening Out

CL, -, LOWER & XTND, RISE;  
(SD & BK, -, XIB, FWD;)

**MAN:** From Butterfly Position close with body rise commence body rotation in the direction of weighted foot, -, lower on weighted foot complete upper body turn and extend free foot to side, rise and rotate in Butterfly Position;

**WOMAN:** From Butterfly position side and back with body rise commence body rotation to match partner, -, cross in back lowering, forward in Butterfly Position;

**NOTE:** May begin with either foot. Butterfly Position maintained throughout. Upper body rotation may be up to 1/4. Weighted foot side stretch.

#### # Right Pass

SQQ;

R pass

Right Pass

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

**MAN:** Forward and side left commence right face turn raise lead hands to create window, -, cross right in back of left continue right face turn, forward left;

**WOMAN:** Forward right, -, forward left commencing left face turn, back right continue left face turn under raised lead hands to face partner;

**NOTE:** May turn up to 1/2.

#### # Switch

SQQ;

swch

Switch Cross

TRN SD, -, REC, XIF;

**MAN:** Turning left face to face partner side left checking bringing joined hands thru, -, recover right, cross left in front turning left face to face partner;

**WOMAN:** Turning right face to face partner side right checking bringing joined hands thru, -, recover left, cross right in front turning right face to face partner;

**NOTE:** May be done on opposite foot going in opposite direction. [Figure changes line of travel]. Normally starts in "V" Back to Back Position.

#### # Switch Rock

SQQ;

swch rk

Switch Rock

TRN SD, -, REC, SD & FWD;

**MAN:** Turning left face to face partner side left checking bringing joined hands thru, -, recover right, side and forward left;

**WOMAN:** Turning right face to face partner side right checking bringing joined hands thru, -, recover left, side and forward right;

**NOTE:** May be done on opposite foot going in opposite direction. [Figure does not change line of travel]. Normally starts in "V" Back to Back Position.

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

**BOLERO**

**# Turning Basic**

SQQ; SQQ;

trng bas

Turning Basic

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

**MAN:** Side left commencing slight right body rotation, -, turning 1/4 left face with slip pivot action back right, forward left turning 1/4 left face; side right, -, forward left with checking action, back right;

**WOMAN:** Side right commencing slight right body rotation, -, turning 1/4 left face with slip pivot action forward left, back right turning 1/4 left face; side left, -, back right with checking action, forward left;

**NOTE:** Usually starts in Closed Position.

**BOLERO**

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

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<b>Ronde Box</b>	none	Ronde Box
1,2,3&,4;		RONDE XIF, SD, BK/LK, BK;
1,2,3&,4;		RONDE XIB, SD, FWD/LK, FWD;
		(RONDE XIB, SD, FWD/LK, FWD;
		RONDE XIF, SD, BK/LK, BK;)

**MAN:** Ronde left clockwise cross left in front, side right, back left/lock right in front of left, back left; ronde right clockwise cross right in back, side left, forward right/lock left in back of right, forward right;

**WOMAN:** Ronde right clockwise cross right in back, side left, forward right/lock left in back of right, forward right; ronde left clockwise cross left in front, side right, back left/lock right in front of left, back left;

<b>Ronde Chasse</b>	none	Ronde Chasse
1,2,3&,4;		FWD, REC, RONDE XIB/SD, SD;

**MAN or WOMAN:** Forward left, recover right, ronde left counterclockwise cross left in back/slight side right, side left;

**NOTE:** Generally danced in Tandem Position or side by side;

<b># Switch</b>	swch	Switch Cross
1,2,3&,4;		TRN SD, REC, XIF/SD, XIF;

**MAN:** Turning left face to face partner side left checking bringing joined hands thru, recover right, cross left in front turning left face to face partner/side right, cross left in front;

**WOMAN:** Turning right face to face partner side right checking bringing joined hands thru, recover left, cross right in front turning right face to face partner/side left, cross right in front;

**NOTE:** May be done on opposite foot going in opposite direction. [Figure changes line of travel]. Normally starts in "V" Back to Back Position.

<b># Switch Rock</b>	swch rk	Switch Rock
1,2,3&,4;		TRN SD, REC, SD/CL, SD;

**MAN:** Turning left face to face partner side left checking bringing joined hands thru, recover right, side left/close right, side left;

**WOMAN:** Turning right face to face partner side right checking bringing joined hands thru, recover left, side right/close left, side right;

**NOTE:** May be done on opposite foot going in opposite direction. [Figure does not change line of travel]. Normally starts in "V" Back to Back Position.

<b># Trade Places</b>	trade plcs	Trade Places
1,2,3&,4;		RK APT, REC TRN, TRN SD & BK/CL, TRN SD & BK;

**MAN:** From Handshake Position rock apart left, recover right turning 1/4 right face behind woman releasing joined right hands to momentary Tandem Position, commence turning 1/4 right face side and back left/close right, completing turn to face partner side and back left;

**WOMAN:** From Handshake Position rock apart right, recover left turning 1/4 left face in front of man releasing joined right hands to momentary Tandem Position, commence turning 1/4 left face side and back right/close left, completing turn to face partner side and back right;

**NOTE:** Total turn is usually 1/2. May start with either foot. When the figure begins with the trail foot it starts in Left Handshake Position with the man turning left face and the woman turning right face.

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

**CHA CHA**

**# Triple Cha Forward or Back**  
1,2,3&4; 1&2,3&4;

trpl CH fwd or bk      Triple Cha Forward or Back  
BK, REC, FWD/LK, FWD; FWD/LK, FWD, FWD/LK, FWD;  
or  
FWD, REC, BK/LK, BK; BK/LK, BK, BK/LK, BK;  
(FWD, REC, BK/LK, BK; BK/LK, BK, BK/LK, BK;) or  
(BK, REC, FWD/LK, FWD; FWD/LK, FWD, FWD/LK,  
FWD;)

**MAN:** Back left, recover right, forward left/lock right in back of left, forward left; forward right/lock left in back of right, forward right, forward left/lock right in back of left, forward left;

or

Forward right, recover left, back right/lock left in front of right, back right; back left/lock right in front of left, back left, back right/lock left in front of right, back right;

**WOMAN:** Forward right, recover left, back right/lock left in front of right, back right; back left/lock right in front of left, back left, back right/lock left in front of right, back right;

or

Back left, recover right, forward left/lock right in back of left, forward left; forward right/lock left in back of right, forward right, forward left/lock right in back of left, forward left;

**NOTE:** May be done in Facing Position alternating right, right and left, left joining of hands.

**NOTE: THERE ARE TWO DIFFERENT DEFINITIONS OF UMBRELLA TURN. EITHER DEFINITION IS ACCEPTABLE.**

**# Umbrella Turn**

1,2,3&,4;  
 1,2,3&,4;  
 1,2,3&,4;  
 1,2,3&,4;

umbr trn	Umbrella Turn
	FWD, REC, BK/CL, BK;
	BK, REC, FWD/CL, FWD;
	FWD, REC, BK/CL, BK;
	BK, REC TRN, SD/CL, SD;
	(BK, REC, FWD/CL, FWD;
	FWD TRN, REC, FWD/CL, FWD;
	FWD TRN, REC, FWD/CL, FWD;
	FWD TRN, REC TRN, SD/CL, SD;)

**MAN:** Forward left, recover right, back left/close right, back left; back right, recover left, forward right/close left, forward right; forward left, recover right, back left/close right, back left; back right, recover left turning 1/4 left face to face partner, side right/close left, side right;

**WOMAN:** Back right, recover left, forward right/close left, forward right; forward left turning 1/2 right face under joined hands, recover right, forward left/close right, forward left; forward right turning 1/2 left face under joined hands, recover left, forward right/close left, forward right; forward left turning 1/2 right face under joined hands, recover right continue turn to face partner, side left/close right, side left;

**NOTE:** Starts in Left Hand Star Position, ends partners facing. Any other Umbrella Turn would be a variation of the standard figure.

**# Umbrella Turn**

1,2,3&,4;  
 1,2,3&,4;  
 1,2,3&,4;  
 1,2,3&,4;

umbr trn	Umbrella Turn
	FWD, REC, BK/CL, BK;
	BK, REC, FWD/CL, FWD;
	FWD, REC, BK/CL, BK;
	BK, REC TRN, SD/CL, SD;
	(BK, REC, FWD TRN/CL, BK;
	BK, REC, FWD TRN/CL, BK;
	BK, REC, FWD TRN/CL, BK;
	BK, REC, FWD TRN/CL, SD;)

**MAN:** Forward left, recover right, back left/close right, back left; back right, recover left, forward right/close left, forward right; forward left, recover right, back left/close right, back left; back right, recover left turning 1/4 left face to face partner, side right/close left, side right;

**WOMAN:** Back right, recover left, forward right turning 1/2 left face under joined hands/close left, back right; back left, recover right, forward left turning 1/2 right face under joined hands/close right, back left; back right, recover left, forward right turning 1/2 left face under joined hands/close left, back right; back left, recover right, forward left turning 1/4 right face under joined hands to face partner/close right, side left;

**NOTE:** Starts in Left Hand Star Position, ends partners facing.

**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.

**In box, click figure title to go to definition.**

<b>Back Feather</b>	<b>Hesitation Change</b>	<b>Promenade Sway</b>
<b>Back Hover Telemark</b>	<b>Hover Corte</b>	<b>Promenade Weave</b>
<b>Back Three Step</b>	<b>Hover Telemark</b>	<b>Quick Diamond Four</b>
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<b>Change of Direction</b>	<b>Natural Hover Fallaway</b>	<b>Reverse Turn</b>
<b>Closed Impetus</b>	<b>Natural Turn</b>	<b>Reverse Turn One Half</b>
<b>Closed Wing</b>	<b>Natural Turn One Half</b>	<b>Reverse Wave</b>
<b>Cross Hesitation</b>	<b>Open Natural Turn</b>	<b>Right Lunge</b>
<b>Cross Pivot</b>	<b>Open Reverse Turn</b>	<b>Slow Side Lock</b>
<b>Cross Swivel</b>	<b>Outside Change to BJO Position</b>	<b>Telemark to BJO Position</b>
<b>Develope</b>	<b>Outside Change to SCP</b>	<b>Telemark to SCP</b>
<b>Diamond Turn</b>	<b>Outside Check</b>	<b>Three Step</b>
<b>Drag Hesitation</b>	<b>Outside Swivel</b>	<b>Weave to BJO Position</b>
<b>Feather</b>	<b>Oversway</b>	<b>Weave to SCP</b>
<b>Feather Finish</b>	<b>Pivot Right Face Double</b>	<b>Whiplash</b>
<b>Heel Pull</b>	<b>Progressive Wing</b>	

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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.

## FOXTROT

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

- # Back Hover Telemark**                      bk hvr tele                      Back Hover Telemark  
SQQ;    BK TRN, -, SD & FWD RISE & TRN, SD & FWD;  
(FWD TRN, -, SD & FWD RISE & TRN, SD & FWD;)
- MAN:** Commence right face upper body turn back left, -, side and forward right continuing turn rising slightly [hovering] with body turning up to 3/8 right face, side and forward left small step on toe to Semi-Closed Position.
- WOMAN:** Commence right face upper body turn forward on right between man's feet turning right face, -, side and forward left continuing right face turn rising slightly [hovering], side and forward right step on toe to Semi-Closed Position;
- NOTE:** May start in Closed or Banjo Position and ends in Semi-Closed Position. If in Banjo Position, the woman steps forward outside the man's feet on step one; if commenced from Closed Position, the woman's first step is between the man's feet.
- 
- # Back Three Step**                              bk 3 stp                              Back Three Step  
SQQ;    BK, -, BK, BK;  
(FWD, -, FWD, FWD;)
- MAN:** Starting with right foot, back three passing steps.
- WOMAN:** Starting with left foot, forward three passing steps with a heel lead on steps 1 and 2 rising to toe on step 3.
- NOTE:** May start in Closed or Banjo Positions ending in Closed Position.
- 
- # Back Whisk**                                      bk wsk                                      Back Whisk  
SQQ;    BK, -, BK & SD, XIB;  
(FWD, -, FWD & SD, XIB;)
- MAN:** Back left, -, back and side on right, cross left in back of right finishing in Semi-Closed Position;
- WOMAN:** Forward right, -, forward and side left, cross right in back of left finishing in Semi-Closed Position;
- 
- # Chair and Slip**                                      chr & slp                                      Chair & Slip  
SQQ;    LUN THRU, -, REC, SLP BK;  
(LUN THRU, -, REC, SWVL FWD;)
- MAN:** From Semi-Closed Position check thru right with lunge action as for Chair [see Phase III], -, recover left [no rise], with slight left face upper body turn slip right behind left continuing turn 1/8 to the left to Closed Position to end facing Diagonal Line of Dance and Center of Hall;
- WOMAN:** From Semi-Closed Position check thru left with lunge action as for Chair [see Phase III], -, recover right [no rise], swivel left face on right and step forward left outside man's right foot to Closed Position;



## FOXTROT

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

**# 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.

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

**FOXTROT**

**# 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.

## FOXTROT

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

#### # 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.



## FOXTROT

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

**# 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;

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

**FOXTROT**

- # 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

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

#### # 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 &amp; FWD, XIB;

(THRU TRN, -, SD &amp; 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 &amp; SD TRN, FWD &amp; SD;

(BK TRN, -, HEEL TRN, BK &amp; 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 &amp; FWD;

(BK TRN, -, HEEL TRN, SD &amp; 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.

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

**FOXTROT**

**# 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**

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

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

**JIVE**

**JV. JIVE**

**CHARACTERISTICS:** In round dancing, Jive is denoted using 4/4 timing. The basic figures utilize six beats of music and are written in 1 1/2 measures. Timing is usually 1,2,3a,4; 1a,2,. In basic figures the eight steps are completed in six beats of music. Figures will usually begin with a rock and recover, and steps 3a,4 and 1a,2 are usually Jive Chasses. Figures are done with soft knees. Rock and recover steps are taken with a forward poise and on the ball of the foot.

**In box, click figure title to go to definition.**

<b>American Spin</b>	<b>Marchessi</b>	<b>Shoulder Shove</b>	<b>Triple Wheel</b>
<b>Chicken Walks</b>	<b>Miami Special</b>	<b>Side Breaks</b>	<b>Windmill</b>
<b>Continuous Chasse</b>	<b>Pretzel Turn</b>	<b>Sole Tap</b>	
<b>Glide to the Side</b>	<b>Riverboat Shuffle</b>	<b>Spanish Arms</b>	
<b>Lindy Catch</b>	<b>Sailor Shuffle</b>	<b>Traveling Sand Step</b>	

**From other pages, click any definition title to return to this page.**

**# American Spin**  
1,2,3a,4; 1a,2,

amer spn                      American Spin  
RK BK, REC, SD/CL, SD; SD/CL, SD,  
(RK BK, REC, SD/CL, SPN RF; SD/CL, SD,)

**MAN:** Rock back [or apart] on left, recover right, side left/close right to left, side left; side right/close left to right, side right,

**WOMAN:** Rock back [or apart] on right, recover left, side right/close left to right, side right spinning right face one full turn; side left/close right to left, side left,

**NOTE:** Frequently done with man's right and woman's right hands held although either or both hands may be used. Woman is led toward man with small chasse action then she turns right face on the last step of her chasse. A variation may be that both partners spin, man left face and woman right face.

**# Chicken Walks**  
1,2,3,4;

chkn wlks                      Chicken Walks  
BK, BK, BK, BK;  
(SWVL FWD, SWVL FWD, SWVL FWD, SWVL FWD;)

**MAN:** Back, back, back, back;

**WOMAN:** Forward, forward, forward, forward;

**NOTE:** Timing and number of steps may vary. Standard is 4 small steps man leading woman forward with slight swiveling action of her feet. This is caused by slight turning of woman's hand in direction of her foot travel. Joined man's left hand palm is up and woman's right hand palm is down.

**# Continuous Chasse**  
1a,2a,3a,4;

cont chasse                      Continuous Chasse  
SD/CL, SD/CL, SD/CL, SD;

**MAN OR WOMAN:** In indicated facing position side/close, side/close, side/close, side;

**NOTE:** May begin with either foot.

# **Glide to the Side**

1,2,3a,4;

glide to the sd

SD, XIF, SD/CL, SD;

Glide to the Side

**MAN:** Side right, lowering [on right] cross left in front of right, side right/close left, side right;

**WOMAN:** Side left, lowering [on left] cross right in front of left, side left/close right, side left;

**NOTE:** This figure can be a stand alone figure or the ending to figures like Change Right to Left or Right Turning Fallaway, to name a few.

# **Lindy Catch**

1,2,3a,4;

1,2,3a,4;

none

RK APT, REC, FWD/FWD, FWD;

FWD, FWD, FWD/FWD, FWD;

(RK APT, REC, FWD/FWD, FWD;

BK, BK, BK/BK, BK;)

Lindy Catch

**MAN:** Rock apart left, recover right, forward left/right, left moving right face around woman catching her at waist with right hand releasing left hand [man is in back of woman with right arm around her waist]; forward right, left continuing around woman, forward right/left, right to Left Open Facing Position;

**WOMAN:** Rock apart right, recover left, forward right/left, right [woman in front of man]; back left, right still facing same direction [no turn], back left/right, left to Left Open Facing Position;

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

**JIVE**

<b># Marchessi</b>	none	Marchessi
1a,2a,3a,4a;		HEEL FWD/REC, TOE BK/REC, HEEL FWD/REC, HEEL FWD/REC;
1a,2a,3a,4a;		TOE BK/REC, HEEL FWD/REC, TOE BK/REC, TOE BK/REC; (TOE BK/REC, HEEL FWD/REC, TOE BK/REC, TOE BK/REC; HEEL FWD/REC, TOE BK/REC, HEEL FWD/REC, HEEL FWD/REC;)

**MAN:** Press left heel forward shifting weight to cause right foot to slightly release from floor/recover to right in place, press left toe back shifting weight to cause right foot to slightly release from floor/recover to right in place, press left heel forward shifting weight to cause right foot to slightly release from floor/recover to right in place, press left heel forward shifting weight forward to cause right foot to slightly release from floor/recover to right in place; press left toe back shifting weight to cause right foot to slightly release from floor/recover to right in place, press left heel forward shifting weight to cause right foot to slightly release from floor/recover to right in place, press left toe back shifting weight to cause right foot to slightly release from floor/recover to right in place, press left toe back shifting weight to cause right foot to slightly release from floor/recover to right in place;

**WOMAN:** Press right toe back shifting weight to cause left foot to slightly release from floor/recover to left in place, press right heel forward shifting weight to cause left foot to slightly release from floor/recover to left in place, press right toe back shifting weight to cause left foot to slightly release from floor/recover to left in place, press right toe back shifting weight to cause left foot to slightly release from floor/recover to left in place; press right heel forward shifting weight to cause left foot to slightly release from floor/recover to left in place, press right toe back shifting weight to cause left foot to slightly release from floor/recover to left in place, press right heel forward shifting weight to cause left foot to slightly release from floor/recover to left in place, press right heel forward shifting weight to cause left foot to slightly release from floor/recover to left in place;

**NOTE:** The action is one of shifting weight but maintaining balance over right foot. Do not rock upper body back and forth. Danced in Closed Position, man's left and woman's right hands joined below waist level with man's palm up and woman's palm down. As man's left and woman's right foot go forward or back the joined hands will move in the same direction about 6 to 8 inches.

<b># Miami Special</b>	none	Miami Special
1,2,3a,4; 1a,2,		RK APT, REC, FWD/CL, FWD TRN; SD/CL, SD, (RK APT, REC, FWD/CL, FWD TRN; SD/CL, SD,)

**MAN:** Rock apart left, recover right, forward left/right, left turning right face 3/4 to lead woman to turn left face under joined right hands putting joined hands over man's head so hands rest behind man's neck; side right/left, right,

**WOMAN:** Rock apart right, recover left, forward right/left, right turn left face 3/4 under joined right hands; side left/right, left, release handhold and slide right hand down man's left arm ending man's left and woman's right hands joined in Left Open Position,

**NOTE:** Starts in right Handshake Position facing partner.

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

**# Pretzel Turn**

1,2,3a,4; 1a,2,3,4;  
 1a,2,3a,4;

prtzl trn

Pretzel Turn

RK BK, REC, SD/CL, TRN; SD/CL, TRN, RK FWD, REC;  
 SD/CL, TRN, SD/CL, SD;

**MAN:** Rock back left, recover right turning right to face partner, side left/close right, side left turning 1/2 right face keeping man's left and woman's right hands joined [partners are in a back to back position]; side right/close left, side right turning up to 1/4 right face [partners are in a Back to Back "V" Position with man's left and woman's right hands joined behind backs], rock forward left crossing in front to direction of travel with right hand extended forward, recover right turning up to 1/4 left face; side left/close right, side left turning 1/2 left face to face partner still retaining man's left and woman's right hands, side right/close left, side right;

**WOMAN:** Rock back right, recover left turning left to face partner, side right/close left, side right turning 1/2 left face keeping man's left and woman's right hands joined [partners are in a back to back position]; side left/close right, side left turning up to 1/4 left face [partners are in a Back to Back "V" Position with man's left and woman's right hands joined behind backs], rock forward right crossing in front to direction of travel with left hand extended forward under man's, recover left turning up to 1/4 right face; side right/close left, side right turning 1/2 right face to face partner still retaining man's left and woman's right hands, side left/close right, side left;

**NOTE:** Progressive movement in any direction. May start in Closed, Semi-Closed or Butterfly Position.

**# Riverboat Shuffle**

1,2,3,4;

riverboat shffl

Riverboat Shuffle

XIF, SD, XIB, SD;

**MAN:** Cross right thru and lower right shoulder as you cross arms in front of body and snap fingers, side left and uncross arms, cross right foot behind left and lower left shoulder slightly, side left;

**WOMAN:** Cross left thru and lower left shoulder as you cross arms in front of body and snap fingers, side right and uncross arms, cross left behind right and lower right shoulder slightly, side right;

**NOTE:** Usually starts in Facing No Hands Joined Position. Figure is usually 1 measure and 4 steps.

**# Sailor Shuffle**

1a,2,

sailor shffl

Sailor Shuffle

XIB/SD, SD,

**MAN:** Cross free foot in back/side, side,

**WOMAN:** Cross free foot in back/side, side,

**NOTE:** May be done in any position, facing any direction, and starting with either foot. Body should remain as stationary as possible in the center of the figure not moving from side to side. Side steps should be pushing to the side rather than rocking or moving to the side.

**# Shoulder Shove**

1,2,3a,4; 1a,2,

shldr shove

Shoulder Shove

RK APT, REC, TRN, SD/CL, SD TRN; BK/CL, BK,

**MAN:** Rock apart left, recover right turning right face, side left/close right, side left toward partner bringing man's left and woman's right shoulders together turning left face to face partner; back right/close left, back right,

**WOMAN:** Rock apart right, recover left turning left face, side right/close left, side right toward partner bringing man's left and woman's right shoulders together turning right face to face partner; side left/close right, side left,



# Triple Wheel

1,2,3a,4;  
1a,2,3a,4; 1a,2,

trpl whl

Triple Wheel

RK APT, REC TRN, SD/CL, SD TRN;  
SD/CL, SD TRN, SD/CL, SD TRN; SD/CL, SD,  
(RK APT, REC TRN, SD/CL, SD TRN;  
SD/CL, SD TRN, SD/CL, SD SPN; SD/CL, SD,)

**MAN:** Rock apart left, recover right to right hands joined turning 1/4 right face, commence right face wheel touching woman's back with man's left hand side left/close right, side left turning away from partner; continue right face wheel side right/close left, side right turning toward partner, continue right face wheel touching woman's back with man's left hand side left/close right, side left leading the woman to spin right face; side right/close left, side right,

**WOMAN:** Rock apart right, recover left to right hands joined turning 1/4 left face, commence right face wheel side right/close left, side right turning toward partner; continue right face wheel touching man's back with woman's left hand side left/close right, side left turning away from partner, continue right face wheel side right/close left, side right spinning right face on right foot to face partner; side left/close right, side left,

**NOTE:** Total turn is usually 1/2 in 3 triples. May be done with 5 triples up to 1 full turn [cued Triple Wheel 5]. May be done with any odd number of triples [cueing # of triples] using relative amount of turn. Woman's spin is similar to an American Spin.

# Windmill

1,2,3a,4; 1a,2,

none

Windmill

RK BK, REC TRN, FWD/CL, FWD; SD TRN/CL, SD,  
(RK BK, REC TRN, FWD/CL, FWD TRN; SD/CL, SD,)

**MAN:** Rock back left, recover right starting 1/4 left face turn, forward left in front/close right, forward left completing 1/4 left face turn; side right starting 1/4 left face turn/close left, side right completing 1/4 left face turn,

**WOMAN:** Rock back right, recover left starting 1/4 left face turn, forward right/close left, forward right completing 1/4 left face turn; side left starting 1/4 left face turn/close right, side left completing 1/4 left face turn,

**NOTE:** Butterfly Position throughout. On first triple lower lead arms and raise trailing arms. On second triple arms are level. This should look like a tilting action being caused by a stretching and straightening of the body rather than the physical raising and lowering of the arms. Figure turns left face 1/2.



## Phase IV of Round Dancing

## # Patty Cake Tap

none

Patty Cake Tap

SS;

SWVL XIF &amp; TAP, -, SWVL STP BK, -;

**MAN:** Starting in Left Open Position lift right knee swivel left face 1/4 on left to face partner place trailing hand palm to palm look toward Line of Dance and cross right in front tap right toe toward Line of Dance, -, lift right knee swivel right face 1/4 on left to Left Open Position back right, -;

**WOMAN:** In Left Open Position lift left knee swivel right face 1/4 on right to face partner place trailing hand palm-to-palm look toward Line of Dance and cross left in front tap left toe toward Line of Dance, -, lift left knee swivel left face 1/4 on right to Left Open Position back left, -;

**NOTE:** Starting position may vary depending on choreography.

## # Scallop

none

Scallop

QQS; QQS;

RK BK, REC, SD [FC], -; THRU, SD, CL, -;

**MAN:** From Closed Position quickly turning to Semi-Closed Position rock back left, recover right, turning to face partner side left, -; quickly turning to Semi Closed Position thru right, turning to face partner side left, close right, -;

**WOMAN:** From Closed Position quickly turning to Semi-Closed Position rock back right, recover left, turning to face partner side right, -; quickly turning to Semi Closed Position thru left, turning to face partner side right, close left, -;

**NOTE:** May begin in other positions. May end in Butterfly, Closed Position or any other facing position.

## # Trade Places

trade plcs

Trade Places

QQS;

RK APT, REC TRN, TRN SD &amp; BK, -;

**MAN:** From Handshake Position rock apart left, recover right turning 1/4 right face behind woman releasing joined right hands to momentary Tandem Position, turning 1/4 right face to face partner side and back left, -;

**WOMAN:** From Handshake Position rock apart right, recover left turning 1/4 left face in front of man releasing joined right hands to momentary Tandem Position, turning 1/4 left face to face partner side and back right, -;

**NOTE:** Total turn is usually 1/2. May start with either foot. When the figure begins with the trail foot it starts in Left Handshake Position with the man turning left face and the woman turning right face.



- # Basic with Face Loops**                      bas w/ fc loops                      Basic with Face Loops  
 1,2,3,4;    SD, CL, SD, CL;  
**MAN:** Starts with crossed hands Right Handshake over Left Handshake. Side left raising Right Handshake up and placing it behind man's head, close right releasing right hands, side left raising Left Handshake up and placing it behind man's head, close right releasing Left Handshake end facing;  
**WOMAN:** Starts with crossed hands Right Handshake over Left Handshake. Side right raising Right Handshake up and placing it behind man's head, close left releasing right hands, side right raising Left Handshake up and placing it behind man's head, close left releasing Left Handshake end facing;  
**NOTE:** The figure typically starts in a facing position with crossed handshakes and ends in a facing position. Both face loops are behind the man's head, near to the neck. An alternative form of the figure would be Basic with Lady's Face Loops in which each handshake would be placed behind the woman's head.
- # Conga Break**                                      conga brk                                      Conga Break  
 1,2,3&,4;    FWD, FWD, XIF/CL, HEEL TAP;  
**MAN:** In Semi-Closed Position forward left, forward right, swiveling right face on right cross left in front of right/step in place right, flexing right knee tap left heel forward with upper body slightly leaning forward;  
**WOMAN:** In Semi-Closed Position forward right, forward left, swiveling left face on left cross right in front of left/step in place left, flexing left knee tap heel forward with upper body slightly leaning forward;  
**NOTE:** Semi-Closed Position throughout. May be danced XIF/close, heel tap - then forward, forward [Timing: 1&,2,3,4;]
- # Continuous Cucarachas**                      cont cucas                                      Continuous Cucarachas  
 1,2,3,4;    SD, REC, CL, SD;  
 1,2,3,4;    REC, CL, SD, CL;  
**MAN OR WOMAN:** Side with partial weight, recover, close, side with partial weight; recover, close, side, close;  
**NOTE:** Generally danced in a facing position.
- # Continuous Cucaracha Crosses**              cont cuca Xs                                      Continuous Cucaracha Crosses  
 1,2,3,4;    SD, REC, XIF, SD;  
 1,2,3,4;    REC, XIF, SD, CL;  
**MAN OR WOMAN:** Side with partial weight, recover, cross in front, side with partial weight; recover, cross in front, side, close;  
**NOTE:** Generally danced in a facing position.

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

**MERENGUE**

**# Continuous New Yorkers**

cont nys

Continuous New Yorkers

1,2,3,4;  
1,2,3,4;

SWVL THRU, REC SWVL TO FC, SD, SWVL THRU;  
REC SWVL TO FC, SD, SWVL THRU, REC;

**MAN:** From Butterfly Position with lead foot free swivel right face on right and bring left foot thru with straight leg to Left Open Position, recover right swiveling to face partner, side left, swiveling left face on left bring right foot thru with straight leg to Open Position; recover right swiveling to face partner, side right, swivel right face on right and bring left foot thru with straight leg to Left Open Position, recover right swiveling to face partner;

**WOMAN:** From Butterfly Position with lead foot free swivel left face on left and bring right foot thru with straight leg to Left Open Position, recover left swiveling to face partner, side right, swiveling right face on right bring left foot thru with straight leg to Open Position; recover left swiveling to face partner, side left, swivel left face and bring right foot thru with straight leg to Left Open Position, recover left swiveling to face partner;

**# Glide**

none

Glide

1&,2&,3,4;

SD/CL, SD/CL, SD, CL;

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

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

**NOTE:** Figure starts and ends in Closed Position. The first four steps are danced high on the toes and with less hip motion due to the speed. Timing may vary.

**# Lindy Catch**

none

Lindy Catch

1,2,3,4;  
1,2,3,4;

RK BK, REC, FWD TRN, FWD TRN;  
FWD TRN, FWD TRN, SD, CL;  
(RK BK, REC, FWD, FWD;  
BK, BK, SD, CL;)

**MAN:** Rock apart left, recover right to woman's right side releasing both hands, forward left while placing right hand on the front of woman's right hip and turning right face curving behind woman, forward right turning and allowing right hand to slide around to woman's back; continuing around woman forward left releasing right hand, forward right turning right face to face woman and joining lead hands, side left, close right;

**WOMAN:** Rock apart right, recover left releasing hands, forward right extending both arms in front at shoulder height and leaning forward as if pulled from behind, forward left checking with arms still extended; back right dropping arms to side, back left joining lead hands, side right, close left;

**NOTE:** Usually starts and ends in Left Open Facing Position [or Butterfly]. The man makes a full turn. The woman does not turn.



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

**MERENGUE**

**# Promenade Swivels**

1,2,3,4;

prom swvls

SWVL SD, SWVL THRU, SWVL SD, CL;

Promenade Swivels

**MAN OR WOMAN:** From Semi-Closed Position with lead foot free swivel on inside foot and step side to Closed Position, swivel on lead foot and step thru to Semi-Closed Position, swivel on inside foot and step side to Closed Position, close;

**# Side Separation**

1,2,3,4; 1,2,3,4;

1,2,3,4; 1,2,3,4;

sd separation

SD, CL, SD, TCH; SD, CL, SD, TCH;

SD, CL, SD, CL; SD, CL, SD, CL;

(SD, CL, SD, CL; SD, CL, SD, TCH;

SD, CL, SD, CL; SD, CL, SD, TCH;)

Side Separation

**MAN:** Side left, close right, side left, touch right; side right starting to move away from partner raising arms at shoulder level, close left, side right to a Left Hand Star, touch left; side left starting to move toward partner, close right, side left, close right to face partner; side left starting to move away from partner, close right, side left, close right to a Right Hand Star;

**WOMAN:** Side right, close left, side right, close left; side right starting to move away from partner raising arms at shoulder level, close left, side right to a Left Hand Star, touch left; side left starting to move toward partner, close right, side left, close right to face partner; side left starting to move away from partner, close right, side left, touch right to a Right Hand Star;

**NOTE:** Starts in a facing position and ends in a Right Hand Star. On the first measure partners travel together; they move sideways apart from each other on the second measure, back together on the third measure and apart again on the fourth measure. If started with the trail foot the figure will end in a Left Hand Star with the trail foot free.

**# Swing Basic**

1,2,3,4;

swing bas

RK BK, REC, SD, REC;

Swing Basic

**MAN OR WOMAN:** Turning to Semi-Closed Position small rock back with lead foot, recover on trail foot to face partner, side keeping trail foot in place while lowering into knees and swinging hips toward Line of Progression, recover to trail foot while swinging hips toward Reverse Line of Progression and straightening the knees [end facing partner];

**NOTE:** The swinging of hips in this figure is like Hip Rocks, but with the addition of lowering into the knees.

**MERENGUE**

**ROUNDALAB STANDARD  
Phase IV of Round Dancing**

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

**PASO DOBLE**

- # Promenade Link** prom link Promenade Link  
1,2,3,4; APPEL, SD TO SCP, THRU TRN, CL;  
**MAN:** Appel on right, side left to Semi-Closed Position, thru right turning left face, close left;  
**WOMAN:** Appel on left, side right to Semi-Closed Position, thru left turning left face, close right;  
**NOTE:** Starts in Closed Position, steps 2 and 3 in Semi-Closed Position, ends in Closed Position. Figure turns 1/4 to left from starting position.
- # Separation** none Separation  
1,2,3,4; 1,2,3,4; APPEL, FWD, CL, IN PLC; IN PLC STP, STP, STP, STP;  
(APPEL, BK, BK, CL; FWD, FWD, FWD, FWD;)  
**MAN:** Appel right, forward left, close right, in place left; in place right, left, right, left;  
**WOMAN:** Appel left, back right, back left, close right; 4 small steps forward left, right, left, right;  
**NOTE:** Starts in Closed Position, to Left Open Facing Position on step 3, Closed Position on step 8.
- Slip Appel** slp appel Slip Appel  
1, APPEL TRN,  
**MAN:** Appel on right slightly back lowering and turning 1/8 left face,  
**WOMAN:** Appel on left slightly forward lowering and turning 1/8 left face,  
**NOTE:** This is a strong lead into a variety of left-turning figures.
- # Sur Place** none Sur Place  
1,2,3,4; IN PLC STP, STP, STP, STP;  
**MAN:** Step in place on balls of feet right, left, right, left;  
**WOMAN:** Step in place on balls of feet left, right, left, right;  
**NOTE:** Normally done in Closed Position. Usually 4 steps however may be only 2.
- # The Cape [Huit]** none The Cape  
1,2,3,4; THRU, CL, IN PLC STP, STP;  
1,2,3,4; IN PLC STP, STP, STP, STP;  
(THRU, SD TRN, REC, THRU;  
SD TRN, REC, THRU, CL;)  
**MAN:** Thru right in Semi-Closed Position, close left, in place right, left; in place right, left, right, left;  
**WOMAN:** Thru left in Semi-Closed Position, side right turning left face, recover left in Reverse Semi-Closed Position, thru right; side left turning right face, recover right in Semi-Closed Position, forward left starting turn toward partner, close right to Closed Position;  
**NOTE:** Starts in Semi-Closed Position, ends in Closed Position. Woman moves back and forth across man. Man may hold instead of Sur Place for counts 3 thru 8.

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## QUICKSTEP

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

#### # Change of Direction

SS; S

chg of dir

Change of Direction

FWD, -, FWD TRNG, -; DRAW, -,  
(BK, -, BK TRNG, -; DRAW, -)

**MAN:** Forward left Diagonally Line and Wall, -, forward right Diagonally Line and Wall right shoulder leading and turn left face, -; draw left to right and brush, -,

**WOMAN:** Back right Diagonally Line and Wall, -, back left Diagonally Line and Wall left shoulder leading and turn left face, -; draw right to left and brush, -,

**NOTE:** Closed Position throughout, up to 1/4 left face turn. Timing may also be QQS; for a 1 measure figure.

#### Chasse Weave

SQQ; SS;

SQQ; SS;

chasse wev

Chasse Weave

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

**MAN:** Forward left turning left face 3/8, -, side right, close left; side right turning left face 1/8, -, back left to Banjo Position, -; back right turning left face 1/8 to Closed Position, -, side left, close right; side left turning left face 1/8, -, forward right to Banjo Position, -;

**WOMAN:** Back right turning left face 3/8, -, side left, close right; side left turning left face 1/8, -, forward right to Banjo Position, -; forward left turning left face 1/8 to Closed Position, -, side right, close left; side right turning left face 1/8 to Banjo Position, -, back left to Banjo Position, -;

**NOTE:** Usually starts in Closed Position Diagonal Line and Center and ends in Banjo Position. This figure turns 3/4 left face.

#### # Closed Impetus

SS; S

cl imp

Closed Impetus

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

**MAN:** Commence right face upper body turn back left, -, close right to left [heel turn] continue turn, -; side and back left to Closed Position, -,

**WOMAN:** Commence right face upper body turn forward right between man's feet heel to toe pivoting 1/2 right face, -, side and forward left continue right face turn around man and brush right to left, -; forward right between man's feet to Closed Position, -,

#### # Cross Chasse

SQQ; S

X chasse

Cross Chasse

FWD, -, FWD & SD, CL; FWD, -,  
(BK, -, BK & SD, CL; BK, -)

**MAN:** Forward left, -, forward and side right slight turn left face, close left; forward right to Banjo, -,

**WOMAN:** Back right, -, back and side left turn left face, close right; back left to Banjo, -,

**NOTE:** Starts in Closed Position and ends in Banjo.

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

**QUICKSTEP**

- # Cross Hesitation**                      X hes                      Cross Hesitation  
SS;  
(SQQ;)  
**MAN:** From Semi Closed Position thru right, -, commence 1/4 to 3/8 left face turn on right leaving left leg extended, -;  
**WOMAN:** From Semi Closed Position thru left, -, side right around man turning left face, continuing left face turn close left to right to Banjo Position;  
**NOTE:** Begins in Semi-Closed Position and ends in Banjo Position.
- # Develope**                                  none                          Develope  
SS;  
(SQQ;)  
**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.
- # Drag Hesitation**                      drg hes                      Drag Hesitation  
SQQ;  
**MAN:** Forward left beginning left face turn, -, side right continuing left face turn, draw left toward right to Banjo Position preparing woman to step outside;  
**WOMAN:** Back right beginning left face turn, -, side left continuing left face turn, draw right toward left to Banjo Position;  
**NOTE:** May be done from different positions. Overall turn is approximately 3/8 to face Diagonal Reverse Line of Dance and Center of Hall.
- # Flicker**                                  none                          Flicker  
&Q&Q                                  /HEELS OUT, HEELS IN/HEELS OUT, HEELS IN,  
**MAN OR WOMAN:** *Beginning during the latter portion of the last beat of the previous action or movement or figure/standing on toes with both feet together turn both heels out, bring both heels back together/turn both heels out, bring both heels together,*  
**NOTE:** Remain on toes throughout. Keep knees relaxed, very light and quick. Takes only 1/2 measure.  
**Note on timing:** The first “&” count occurs at the end of the last beat of the previous action, movement, or figure.
- # Heel Pull**                                  none                          Heel Pull  
SS;  
(SQQ;)  
**MAN:** Back left starting right face turn, -, continue right face turn on left pull right heel toward left and change weight to right, -;  
**WOMAN:** Forward right turning right face, -, side left, draw right to left;

## QUICKSTEP

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

#### # Hesitation Change

SS; S

hes chg

Hesitation Change

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

**MAN:** Back left turning right face, -, side right turning slightly right face, -; draw left to right, -,

**WOMAN:** Forward right turning right face, -, side left turning slightly right face, -; draw right to left, -,

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

#### # Hover Corte

SS; S

hvr corte

Hover Corte

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

**MAN:** Back right commence left face turn, -, side and forward left with hovering action, -; recover on right to Banjo Position with right side leading, -,

**WOMAN:** Forward left commence left face turn, -, side and forward right with hovering action, -; recover on left to Banjo Position with left side leading, -,

**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

SS; S

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. Timing may also be SQQ; requiring 1 measure without hover action.

#### # 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 with right side leading to Banjo Position; 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 with left side leading to Banjo Position; forward right starting right face turn, -, forward and side left continuing right face turn, forward right to Semi-Closed Position;

**NOTE:** Figure requires 2 measures. Starts and ends in Semi-Closed Position.

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

**QUICKSTEP**

**# Left Whisk**  
SS; S

L wsk                      Left Whisk  
THRU, -, SD & FWD, -; XIB, -,  
(THRU, -, SD & BK, -; XIB, -)

**MAN:** Thru right to momentary Semi-Closed Position, -, side and forward left to Closed Position, -; cross right well behind left to Reverse Semi-Closed Position turning upper body to left, -,

**WOMAN:** Thru left, -, side and slightly back right to Closed Position, -; cross left well behind right, -,

**NOTE:** Often begins in Semi-Closed Position. The Whisk is flat. Timing may also be QQS; requiring 1 measure.

**# Natural Hover Fallaway**  
SS; S

nat hvr falwy              Natural Hover Fallaway  
FWD TRN, -, FWD TRN, -; BK, -,  
(FWD, -, FWD TRN, -; BK, -)

**MAN:** Forward right with slight body turn to right, -, forward left on toe turning to right with slow rise, -; back right, -,

**WOMAN:** Forward left, -, forward right on toe turning right face with slow rise, -; back left, -,

**NOTE:** Semi-Closed Position throughout. Usually 1/4 right face turn but can be up to 1/2 turn. Progressive figure, no steps should go to Reverse Line of Dance if started in usual Diagonal Line of Dance and Wall.

**# Natural Turn**  
SQQ; SS;

nat trn                      Natural Turn  
FWD TRN, -, SD, BK; BK TRN, -, HEEL PULL, -;  
(BK TRN, -, CL, FWD; FWD TRN, -, SD, -;)

**MAN:** Commence right face turn forward right heel to toe, -, side left across Line of Dance, back right; back left starting right face turn, -, continue right face turn on left heel pull right foot back to left transferring weight to right at end of step ending with feet slightly apart, -;

**WOMAN:** Commence right face turn back left, -, close right to left [heel turn] continue right face turn, forward left; forward right heel to toe continue right face turn, -, side left across Line of Dance, -;

**NOTE:** Closed Position maintained throughout. Starts Diagonal Line of Dance and Wall and ends Diagonal Line of Dance and Center of Hall.

**# Open Natural Turn**  
SQQ;

op nat trn                      Open Natural  
FWD TRN, -, SD TRN, BK;  
(THRU, -, FWD, FWD;)

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

**WOMAN:** Thru left, -, forward right to Closed Position, forward left outside partner with left side leading to Banjo Position;

**NOTE:** Usually done from Semi-Closed Position but may be done from Closed or Banjo. When the figure is started from a Closed or Banjo Position, the woman's footwork is commence right face upper body turn back left, -, close right [heel turn] continue turn, forward left outside partner with left side leading to Banjo Position; Timing may also be SS; S,, for a 1 1/2 measure figure.



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

**QUICKSTEP**

**# Progressive Chasse**

SQQ; S

prog chasse

BK, -, SD, CL; SD, -,

(FWD, -, SD, CL; SD, -)

Progressive Chasse

**MAN:** Back right, -, side left turning slightly left face, close right; side and slightly forward left outside the partner to Banjo Position, -,

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

**NOTE:** Starts in Closed Position and ends in Banjo Position.

**# Promenade Sway**

SS;

prom sway

SD & FWD TRN, -, RELAX KNEE, -;

Promenade Sway

**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, -;

**# Quarter Turns**

SS; QQS;

SQQ;

qtr trns

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

BK, -, TCH, HEEL TRN;

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

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

Quarter Turns

**MAN:** Forward left, -, forward right turning right face 1/8, -; side left, close right turn right face 1/8, side and back left Diagonal Line and Center, -; back right, -, touch left beside right toe pointing Diagonal Line and Wall, turn left face on right heel to end feet parallel Closed Position Diagonal Line and Wall;

**WOMAN:** Back right, -, back left turning right face 1/8, -; side right, close left turn right face 1/8, side and forward right Diagonal Line and Center, -; forward left Diagonal Line and Center turn left face 1/8, -, side right continuing turn, close left;

**NOTE:** In Closed Position throughout. Starts and ends Diagonal Line of Dance and Wall.

**# Quarter Turn and Progressive Chasse**

SS; QQS;

SQQ; S

qtr trn & prog chasse

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

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

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

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

Quarter Turn & Progressive Chasse

**MAN:** Forward left, -, forward right turning right face 1/8, -; side left, close right turning right face 1/8, side and back left Diagonal Line and Center, -; back right turn left face 1/8, -, side left, close right turn left face 1/8; side and slightly forward left Banjo Diagonal Line and Wall, -,

**WOMAN:** Back right, -, back left turning right face 1/8, -; side right, close left turn right face 1/8, side and forward right Diagonal Line and Center, -; forward left Diagonal Line and Center turn left face 1/8, -, side right, close left turn left face 1/8; side and slightly back right to Banjo Diagonal Line and Wall, -,

**NOTE:** Starts and ends Diagonal Line of Dance and Wall. It is danced in Closed Position throughout until the last step ending in Banjo Position.



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

**QUICKSTEP**

**# Telemark to Banjo Position**      tele to BJO      Telemark to Banjo  
SS; S      FWD TRN, -, FWD & SD TRN, -; FWD & SD, -,  
(BK, -, HEEL TRN, -; BK & SD, -)

**MAN:** In Closed Position 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:** Sometimes cued as "Closed Telemark". Timing may also be SQQ; for a 1 measure figure.

**# Telemark to Semi-Closed Position**      tele to SCP      Telemark to Semi-Closed  
SS; S      FWD TRN, -, FWD TRN, -; SD & FWD, -,  
(BK TRN, -, HEEL TRN, -; SD & FWD, -)

**MAN:** In Closed Position 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:** In Closed Position back right commencing to turn left face 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:** Normally a 3/4 turn left face. Sometimes cued as "Open Telemark".

**# Viennese Turns**      vien trns      Viennese Turns  
SQQ; SQQ;      FWD TRN, -, SD, XIF; BK TRN, -, SD, CL;  
(BK TRN, -, SD, CL; FWD TRN, -, SD, XIF;)

**MAN:** Forward left commencing left face turn, -, side right continuing left face turn, cross left in front of right; back right continuing left face turn, -, side left continuing left face turn, close right to left;

**WOMAN:** Back right commencing left face turn, -, side left continuing left face turn, close right to left; forward left continuing left face turn, -, side right continuing left face turn, cross left in front of right;

**NOTE:** One full left face turn.

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## RUMBA

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

#### # Alemana from a Fan

none Alemana  
QQS; QQS; FWD, REC, CL, -; BK, REC, SD, -;  
(CL, FWD, FWD TRN, -; FWD TRN, FWD TRN, SD, -;)

**MAN:** Forward left, recover right, close left leading woman to turn right face, -; back right, recover left, side right, -;

**WOMAN:** Close right, forward left, forward right commence right face swivel to face partner, -; continue right face turn under joined lead hands forward left, continue right face turn forward right, side left, -;

**NOTE:** Starts in Fan Position, ends facing partner. Woman completes a right face turn under joined lead hands. At end of the first measure, man brings joined lead hands up to Palm-to-Palm Position indicating to the woman to commence a right face turn. Steps 1 and 2 of the second measure for the woman are forward walking steps. Woman may place her free hand on her hip.

#### Alternative Basic

alternative bas Alternative Basic  
QQS; CL, SIP, SD, -;

**MAN:** Close left, step in place right, side left, -;

**WOMAN:** Close right, step in place left, side right, -;

**NOTE:** May start on either foot. Can be performed any number of times [cueing # of times].

#### # Cross Body

X body Cross Body  
QQS; QQS; FWD, REC, SD TRN, -; BK TRN, FWD, SD & FWD, -;  
(BK, REC, FWD, -; FWD, FWD TRN, SD & BK, -;)

**MAN:** Forward left, recover right, side left turning left face [foot turned about 1/4 turn body turned 1/8 turn], -; back right continue left face turn, small forward left, side and forward right, -;

**WOMAN:** Back right, recover left, forward right toward man staying on right side ending in an L-shaped Position, -; forward left commencing to turn left, forward right turning 1/2 left face end with right foot back, side and back left, -;

**NOTE:** Figure is done in Closed Position. May turn 3/8 to 1/2 over 2 measures. Woman's turn is entirely in second measure.

#### # Développé

none Développé  
SS; FWD CK, -, -, -;  
(SQQ;) (BK, -, FT UP, EXTEND 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 Développé but knee remains flexed. May be executed from any position, with either foot and by either or both partners, with or without a swivel.

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

**RUMBA**

**# Fan [from a 1/2 Basic]**                      none                      Fan  
QQS;    BK, REC, SD, -;  
    (FWD, SD & BK, BK, -;)

**MAN:** Back right, recover left, side right, -;

**WOMAN:** Forward left, turning left face step side and back right making 1/4 turn to left, back left leaving right extended forward with no weight, -;

**NOTE:** Ends in Fan Position. There is no turn for man. When done from Closed, Open Facing or Butterfly Positions woman turns 1/4 left face. If done from L-shaped Position she must turn 1/2 left face. May be done from Side-by-Side Position with woman turning 3/4 left face. When starting with right hands joined man must change hands on the second step.

**# Flirt**    none                      Flirt  
QQS; QQS;                                      FWD, REC, SD, -; BK, REC, SD, -;  
    (BK, FWD, FWD TRN, -; BK, REC, SD, -;)

**MAN:** Forward left, recover right, side left, -; back right, recover left, side right, -;

**WOMAN:** Back right, forward left, forward right turning left face to Varsouvienne Position, -; back left, recover right, side left moving to her left in front of the man to end in Left Varsouvienne Position, -;

**# Hockey Stick**                              hky stk                      Hockey Stick  
QQS; QQS;                                      FWD, REC, CL, -; BK, REC, FWD, -;  
    (CL, FWD, FWD, -; FWD, FWD TRN, SD & BK, -;)

**MAN:** Forward left, recover right, close left, -; back right, recover left, forward right following the woman -;

**WOMAN:** Close right, forward left, forward right, -; forward left, forward right turning left face to face partner, side and back left, -;

**NOTE:** Starts in Fan Position and ends with partners facing. Woman turns approximately 5/8 left face under joined lead hands [man's left and woman's right]. Man brings joined hands across in front of his forehead, which tells woman to prepare to turn, then he allows the woman to do the turn by herself.

**# Latin Whisk**                                      latin wsk                      Latin Whisk  
QQS;    XIB, REC, SD, -;

**MAN:** Cross left behind right, recover right, side left, -;

**WOMAN:** Cross right behind left, recover left, side right, -;

**NOTE:** Usually done in Closed Position.

**Ronde Box**                                      none                      Ronde Box  
QQS;    RONDE XIF, SD, BK, -; RONDE XIB, SD, FWD, -;  
QQS;    (RONDE XIB, SD, FWD, -; RONDE XIF, SD, BK, -;)

**MAN:** Ronde clockwise cross left in front, side right, back left, -; ronde clockwise cross right in back, side left, forward right, -;

**WOMAN:** Ronde clockwise cross right in back, side left, forward right, -; ronde clockwise cross left in front, side right, back left, -;

- # Switch** swch Switch Cross  
 QQS; TRN SD, REC, XIF, -;  
**MAN:** Turning left face to face partner side left checking bringing joined hands thru, recover right, cross left in front turning left face to face partner, -;  
**WOMAN:** Turning right face to face partner side right checking bringing joined hands thru, recover left, cross right in front turning right face to face partner, -;  
**NOTE:** May be done on opposite foot going in opposite direction. [Figure changes line of travel]. Normally starts in "V" Back to Back Position.
- # Switch Rock** swch rk Switch Rock  
 QQS; TRN SD, REC, SD & FWD, -;  
**MAN:** Turning left face to face partner side left checking bringing joined hands thru, recover right, side left, -;  
**WOMAN:** Turning right face to face partner side right checking bringing joined hands thru, recover left, side right, -;  
**NOTE:** May be done on opposite foot going in opposite direction. [Figure does not change line of travel]. Normally starts in "V" Back to Back Position.
- # Trade Places** trade plcs Trade Places  
 QQS; RK APT, REC TRN, TRN SD & BK, -;  
**MAN:** From Handshake Position rock apart left, recover right turning 1/4 right face behind woman releasing joined right hands to momentary Tandem Position, turning 1/4 right face to face partner side and back left, -;  
**WOMAN:** From Handshake Position rock apart right, recover left turning 1/4 left face in front of man releasing joined right hands to momentary Tandem Position, turning 1/4 left face to face partner side and back right, -;  
**NOTE:** Total turn is usually 1/2. May start with either foot. When the figure begins with the trail foot it starts in Left Handshake Position with the man turning left face and the woman turning right face.

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

**RUMBA**

**Umbrella Turn**

QQS; QQS;  
QQS; QQS;

umbr trn                      Umbrella Turn  
FWD, REC, BK, -; BK, REC, FWD, -;  
FWD, REC, BK, -; BK, REC TRN, SD, -;  
(BK, REC, FWD, -; FWD TRN, REC, FWD, -;  
FWD TRN, REC, FWD, -; FWD TRN, REC TRN, SD, -;)

**MAN:** Forward left, recover right, back left, -; back right, recover left, forward right, -; forward left, recover right, back left, -; back right, recover left turning 1/4 left face to face partner, side right, -;

**WOMAN:** Back right, recover left, forward right, -; forward left turning 1/2 right face under joined hands, recover right, forward left, -; forward right turning 1/2 left face under joined hands, recover left, forward right, -; forward left turning 1/2 right face under joined hands, recover right continue turn to face partner, side left, -;

**NOTE:** Starts in Left Hand Star Position, ends partners facing. Any other Umbrella Turn would be a variation of the standard figure.

**Umbrella Turn**

QQS; QQS;  
QQS; QQS;

umbr trn                      Umbrella Turn  
FWD, REC, BK, -; BK, REC, FWD, -;  
FWD, REC, BK, -; BK, REC TRN, SD, -;  
(BK, REC, FWD TRN, -; BK, REC, FWD TRN, -;  
BK, REC, FWD TRN, -; BK, REC, FWD TRN, -;)

**MAN:** Forward left, recover right, back left, -; back right, recover left, forward right, -; forward left, recover right, back left, -; back right, recover left turning 1/4 left face to face partner, side right, -;

**WOMAN:** Back right, recover left, forward right turning 1/2 left face under joined hands, -; back left, recover right, forward left turning 1/2 right face under joined hands, -; back right, recover left, forward right turning 1/2 left face under joined hands, -; back left, recover right, forward left turning 1/4 right face under joined hands to face partner, -;

**NOTE:** Starts in Left Hand Star Position, ends partners facing.

**RUMBA**

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

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## SAMBA

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

#### # Lazy Samba Turns

1a,2,3a,4;

lazy SB trns

Lazy Samba Turns

FWD TRN/SD, CL, BK TRN/SD, CL;

(BK TRN/SD, CL, FWD TRN/SD, CL;)

**MAN:** Forward left turning 1/8 left face/close right, in place left, back right turning 1/8 left face/close left, in place right;

**WOMAN:** Back right turning 1/8 left face/close left, in place right, forward turning 1/8 left face/close right, in place left;

**NOTE:** Closed Position throughout. [Similar to Forward and Back Basics with a small turn].

#### # Left Turns

1a,2,3a,4;

L trns

Left Turns

FWD TRN/SD, CL, BK TRN/SD, CL;

(BK, TRN/SD, CL, FWD TRN/SD, CL;)

**MAN:** Forward left turning 1/4 left face/side right on inside edge of ball of foot, close left, back right turning 1/4 left face/side left on inside edge of ball of foot, close right;

**WOMAN:** Back right turning 1/4 left face/side left on inside edge of ball of foot, close right, forward left turning 1/4 left face/side right on inside edge of ball of foot, close left;

**NOTE:** Closed Position throughout. Man has slight sway to left on steps 2 and 3 and to right on steps 5 and 6. Woman has slight sway to right on steps 2 and 3 and to left on steps 5 and 6.

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

**SAMBA**

<b># Marchessi</b>	none	Marchessi
1a,2a,3a,4a;		HEEL FWD/REC IN PLC, TOE BK/REC IN PLC, HEEL FWD/REC IN PLC, HEEL FWD/REC IN PLC;
1a,2a,3a,4a;		TOE BK/REC IN PLC, HEEL FWD/REC IN PLC, TOE BK/REC IN PLC, TOE BK/REC IN PLC; (TOE BK/REC IN PLC, HEEL FWD/REC IN PLC, TOE BK/REC IN PLC, TOE BK/REC IN PLC; HEEL FWD/REC IN PLC, TOE BK/REC IN PLC, HEEL FWD/REC IN PLC, HEEL FWD/REC IN PLC;)

**MAN:** Press left heel forward shifting weight to cause right foot to slightly release from floor/recover to right in place, press left toe back shifting weight to cause right foot to slightly release from floor/recover to right in place, press left heel forward shifting weight to cause right foot to slightly release from floor/recover to right in place, press left heel forward shifting weight forward to cause right foot to slightly release from floor/recover to right in place; press left toe back shifting weight to cause right foot to slightly release from floor/recover to right in place, press left heel forward shifting weight to cause right foot to slightly release from floor/recover to right in place, press left toe back shifting weight to cause right foot to slightly release from floor/recover to right in place, press left toe back shifting weight to cause right foot to slightly release from floor/recover to right in place;

**WOMAN:** Press right toe back shifting weight to cause left foot to slightly release from floor/recover to left in place, press right heel forward shifting weight to cause left foot to slightly release from floor/recover to left in place, press right toe back shifting weight to cause left foot to slightly release from floor/recover to left in place, press right toe back shifting weight to cause left foot to slightly release from floor/recover to left in place; press right heel forward shifting weight to cause left foot to slightly release from floor/recover to left in place, press right toe back shifting weight to cause left foot to slightly release from floor/recover to left in place, press right heel forward shifting weight to cause left foot to slightly release from floor/recover to left in place, press right heel forward shifting weight to cause left foot to slightly release from floor/recover to left in place;

**NOTE:** The action is one of shifting weight but maintaining balance over right foot, do not rock upper body back and forth. Danced in Closed Position, man's left and woman's right hands joined below waist level with man's palm up and woman's palm down. As man's left and woman's right foot go forward or back the joined hands will move in the same direction forward or back about 6 to 8 inches.

<b># Reverse Turn</b>	rev trn	Reverse Turn
1a,2,3a,4;		FWD TRN/SD, XIF, BK TRN/SD, CL; (BK TRN/SD, CL, FWD TRN/SD, XIF;)

**MAN:** Forward left turning left face/side right, cross left in front of right continue turning, back right continue turning/side left, close right;

**WOMAN:** Back right turning left face/side left, close right, forward left continue turning/side right, cross left in front of right continue turning;

**NOTE:** Usually 1 full turn. Similar to Viennese Waltz turns. Sway left on steps 2 & 3 and to right on steps 5 & 6.

# Samba Runs

SB runs                      Samba Runs  
 SQQ;                          FWD, -, FWD & TRN, FWD;  
 (THRU, -, FWD, FWD;)

**MAN:** Forward right looking over right shoulder, -, forward left turning right face in front of woman, forward right to Half Open;

**WOMAN:** Thru left looking over left shoulder, -, forward right between man's feet turning head toward partner, forward left to Half Open;

**NOTE:** Any number may be done.

# Samba Walks

SB wlks                      Samba Walks  
 1a,2,3a,4;                      FWD/BK, PULL BK, FWD/BK, PULL BK;

**MAN:** Forward left/place right back on inside edge of toe, pull left back toward right about 3 inches flat foot, forward right/place left back on inside edge of toe, pull right back toward left about 3 inches flat foot;

**WOMAN:** Forward right/place left back on inside edge of toe, pull right back toward left about 3 inches flat foot, forward left/place right back on inside edge of toe, pull left back toward right about 3 inches flat foot;

**NOTE:** May be done in Semi-Closed, Half Open or Open Positions. When moving forward on steps 1 & 4 use slight pelvic tilt forward bringing back knee toward forward knee. When moving back on steps 2 & 5 use slight pelvic tilt back. There is no tilt on steps 3 & 6.

# Side Samba Walk

sd SB wlk                      Side Samba Walk  
 1a,2,                              FWD/SD, PULL SD,

**MAN:** Forward right/side left on inside edge of toe, pull right side toward left about 3 inches flat foot,

**WOMAN:** Forward left/side right on inside edge of toe, pull left side toward right about 3 inches flat foot,

**NOTE:** Usually done in Semi-Closed Position. On step 1 use pelvic tilt forward and bring back knee toward forward knee. On Step 2 use pelvic tilt backward and sideward. There is no tilt on step 3. May end in specified facing position.

# Stationary Walks

sta wlks                      Stationary Walks  
 1a,2,                              CL/BK, DRAW,

**MAN:** Close left to right slightly forward/back right, draw left slightly towards right,

**WOMAN:** Close right to left slightly forward/back left, draw right slightly towards left,

**NOTE:** May start with either foot. Any number may be done. Partners are facing with lead hands joined with pressure. Free hands are extended out to the side.

# Traveling Back Locks

trav bk lks                      Traveling Back Locks  
 1a,2,3a,4;                      BK TRN/BK, LKIF, BK TRN/BK, LKIF;  
 1a,2,3a,4;                      BK TRN/BK, LKIF, BK TRN/BK, LKIF;

**MAN:** Turning 1/8 right face back left/back right, lock left in front of right, back right turning 1/4 left face/back left, lock right in front of left; turning 1/4 right face back left/back right, lock left in front of right, back right turning 1/4 left face/back left, lock right in front of left;

**WOMAN:** Turning 1/8 left face back right/back left, lock right in front of left, back left turning 1/4 right face/back right, lock left in front of right; turning 1/4 left face back right/back left, lock right in front of left, back left turning 1/4 right face/back right, lock left in front of right;

**NOTE:** Starts in Open Position facing Line of Dance. Locking steps are Latin Crosses.

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

**SAMBA**

**# Traveling Locks**

trav lks

Traveling Locks

1a,2,3a,4;

FWD TRN/LK BK, FWD, FWD TRN/LK BK, FWD;

1a,2,3a,4;

FWD TRN/LK BK, FWD, FWD TRN/LK BK, FWD;

**MAN:** Forward right turn 1/8 right face/lock left in back of right, forward right, forward left turn 1/4 left face/lock right in back of left, forward left; forward right turn 1/4 right face/lock left in back of right, forward right, forward left turn 1/4 left face/lock right in back of left, forward left;

**WOMAN:** Forward left turn 1/8 left face/lock right in back of left, forward left, forward right 1/4 turn right face/lock left in back of right, forward right; forward left turn 1/4 left face/lock right in back of left, forward left, forward right turn 1/4 right face/lock left in back of right, forward right;

**NOTE:** Starts in Open Position facing Line of Dance. Locking steps are Latin Crosses.

**# Volta**

none

Volta

1a,2a,3a,4;

XIF/SD & BK, XIF/SD & BK, XIF/SD & BK, XIF;

**MAN:** Cross left in front of right/side and slightly back right inside edge of toe, cross left in front of right/side and slightly back right inside edge of toe, cross left in front of right/side and slightly back right inside edge of toe, cross left in front of right;

**WOMAN:** Cross right in front of left/side and slightly back left inside edge of toe, cross right in front of left/side and slightly back left inside edge of toe, cross right in front of left/side and slightly back left inside edge of toe, cross right in front of left;

**NOTE:** May start with either foot free for either partner. When turning to left start with left foot. When turning to right start with right foot. When there is no turn, travel to left starting with right foot, travel to right starting with left foot. All crossing steps are Latin Crosses. When hands are joined it is usually man's left and woman's right.

**1. # Circular Volta**

none

Circular Volta

1a,2a,3a,4;

XIF TRN/SD & BK, XIF TRN/SD & BK, XIF TRN/SD & BK, XIF TRN;

A Volta turning left or right making up to 1 full turn in 7 steps with the ball of the front or crossing foot drawing a small circle. May be done in various Positions. This is not a solo movement.

**2. # Criss Cross Volta**

criss X volta

Criss Cross Volta

1a,2a,3a,4;

XIF TRN/SD & BK, XIF/SD & BK, XIF/SD & BK, XIF;

A Volta curving 1/4 to left or right changing sides by taking woman under joined lead hands or trailing hands with man crossing behind woman. Partners start with opposite foot lead.

**3. # Curving Volta**

crvg volta

Curving Volta

1a,2a,3a,4;

XIF/SD & BK, XIF/SD & BK, XIF/SD & BK, XIF;

A Volta curving to the right or left, making up to 1/2 turn over the 7 steps.





## SINGLE SWING

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

# **Pretzel Turn**  
QQS; SQQ; SS;

prtzl trn  
RK BK, REC, TRN, -; TRN, -, RK FWD, REC;  
TRN, -, SD, -;

Pretzel Turn

**MAN:** Rock back left, recover right turning right to face partner, side left turning 1/2 right face keeping man's left and woman's right hands joined [partners are in a Back to Back Position], -; side right turning up to 1/4 right face [partners are in a Back to Back "V" Position with man's left and woman's right hands joined behind backs], -, rock forward left crossing in front to direction of travel with right hand extended forward, recover right turning up to 1/4 left face; side left turning 1/2 left face to face partner still retaining man's left and woman's right hands, -, side right, -;

**WOMAN:** Rock back right, recover left turning left to face partner, side right turning 1/2 left face keeping man's left and woman's right hands joined [partners are in a Back to Back Position], -; side left turning up to 1/4 left face [partners are in a Back to Back "V" Position with man's left and woman's right hands joined behind backs], -, rock forward right crossing in front to direction of travel with right hand extended forward, recover left turning up to 1/4 right face; side right turning 1/2 right face to face partner still retaining man's left and woman's right hands, -, side left, -;

**NOTE:** Progressive movement in any direction. May start in Closed, Semi-Closed, or Butterfly Position.

# **Shoulder Shove**  
QQS; S

shldr shove  
RK APT, REC, TRN, -; SD, -,

Shoulder Shove

**MAN:** Rock apart left, recover right turning right face, side left toward partner bringing man's left and woman's right shoulders together turning left face to face partner, -; side right, -,

**WOMAN:** Rock apart right, recover left turning left face, side right toward partner bringing man's left and woman's right shoulders together turning right face to face partner, -; side left, -,

**NOTE:** Danced with lead hands joined, normally starting in Left Open Facing Position.

# **Spanish Arms**  
QQS; S

span arms  
RK APT, REC TRN, SD TRN, -; SD, -,

Spanish Arms

**MAN:** Rock apart left, recover right turning right face, side left continuing right face turn, -; side right, -,

**WOMAN:** Rock apart right, recover left turning 1/4 left face, side right turning 3/4 right face, -; side left, -,

**NOTE:** Man leads woman to turn left face under joined raised lead hands [man's left and woman's right] into a momentary Wrapped Position without lowering raised hands, then immediately leads her to turn right face to return to Butterfly Position from the Wrapped Position. The figure turns right face 1/2 with woman passing the man on his right. Man's steps are small and almost in place.



**SINGLE SWING**

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

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

**SLOW TWO STEP**

**ST. SLOW TWO STEP**

**CHARACTERISTICS:** In round dancing, the Slow Two Step rhythm is denoted using 4/4 timing. When using 6/8 music, it is denoted in 4/4 and danced with syncopation. Timing is SQQ; with no rise and fall. The second step is usually placed behind and in line with the supporting foot.

**In box, click figure title to go to definition.**

<b>Change Sides Underarm</b>	<b>Right Turn with Outside Roll</b>	<b>Switch</b>
<b>Inside Roll</b>	<b>Sweetheart Runs</b>	<b>The Square</b>
<b>Left Turn with Inside Roll</b>	<b>Sweetheart Wrap</b>	<b>Traveling Cross Chasse</b>
<b>Outside Roll</b>		

**From other pages, click any definition title to return to this page.**

**# Change Sides Underarm**                      chg sds undrm                      Change Sides Underarm  
 SQQ;    FWD & SD TRN, -, SD & BK, XLIF;  
     (FWD TRN, -, SD & BK, XRIF;)

**MAN:** Toward woman's right side forward and side left turning 1/2 right face leading woman under joined lead hands, -, side and slightly back right, cross left in front of right;

**WOMAN:** Toward man's right side forward right turning 1/2 left face under joined lead hands, -, side and slightly back left, cross right in front of left;

**NOTE:** Begins and usually ends in Left Open Facing Position.

**# Inside Roll**                                      insd roll                                      Inside Roll  
 A left face underarm turn executed by the woman.

**# Left Turn with Inside Roll**                      L trn w/insd roll                      Left Turn with Inside Roll  
 SQQ;    FWD, -, SD, XIF;  
     (BK TRN, -, SD TRN UNDR, SD FC;)

**MAN:** Forward left commence 1/4 left face turn, -, side right, cross left in front of right to face partner;

**WOMAN:** Back right commence 1/4 left face turn, -, side left turning left face under lead hands, continue turning left face side right to face partner;

**NOTE:** Usually begins in Closed Position facing line of progression and preceded by a figure modified to pick the woman up on the last step to begin left turn.

**# Outside Roll**                                      outsd roll                                      Outside Roll  
 A right face underarm turn executed by the woman.

**# Right Turn with Outside Roll**                      R trn w/outsd roll                      Right Turn with Outside Roll  
 SQQ;    SD & BK, -, SD & BK, XIF;  
     (FWD, -, FWD TRN, SD FC;)

**MAN:** Crossing front of woman side and back left end facing Reverse Line of Progression, -, side and back right almost crossing in back turning 1/4 right face leading woman under joined lead hands, cross left in front of right to face partner;

**WOMAN:** Forward right commence right face twirl under lead hands, -, forward left, forward and side right to face partner;

## SLOW TWO STEP

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

#### # Sweetheart Runs

swhrt runs                      Sweetheart Runs  
SQQ;                              FWD, -, FWD, FWD;

**MAN:** In Wrapped Position facing Line of Progression forward right, -, forward left, forward right;

**WOMAN:** In Wrapped Position facing Line of Progression forward right, -, forward left, forward right;

**NOTE:** May start with either foot. May use same or opposite footwork.

#### Sweetheart Wrap

swhrt wrap                      Sweetheart Wrap  
SQQ;                              SD, -, XIB, REC;  
    (SD, -, XIF TRN, REC;)

**MAN:** With both hands joined side right raising lead hands, -, cross left in back of right turning slightly left face, recover right to Wrapped Position facing Line of Progression;

**WOMAN:** Side left preparing to turn left face under joined lead hands, -, forward and across right over left turning left face, recover left to Wrapped Position facing Line of Progression;

**NOTE:** Usually begins in Butterfly Position.

#### # Switch

swch                              Switch  
SQQ;                              FWD & SD XIF OF PTR, -, FWD & SD, XIF;  
    (FWD, -, FWD & SD, XIF;)

**MAN:** Forward left changing sides and sharply turning 3/4 right face placing left arm around partner releasing right arm, -, forward and side right, forward left crossing in front of right;

**WOMAN:** Forward right, -, forward and side left, forward right crossing in front of left;

**NOTE:** The partner with the left foot free executes the turn and the partner with the right foot free proceeds forward. When starting with the man's left foot, the figure begins in Half Open and ends in Left Half Open. When starting with the woman's left foot, the figure begins in Left Half Open and ends in Half Open. When starting in Left Half Open the woman does the man's part and the man does the woman's part. Partners should shape toward each other.

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

**SLOW TWO STEP**

**# The Square**

SQQ; SQQ;  
SQQ; SQQ;

none                      The Square  
SD XIF of W, -, SD, XIF; FWD, -, SD, XIF;  
SD XIF of W, -, SD, XIF; FWD, -, SD, XIF;  
(FWD, -, SD, XIF; SD XIF of M, -, SD, XIF;  
FWD, -, SD, XIF; SD XIF of M, -, SD, XIF;)

**MAN:** Turning 3/8 right face cross in front of woman side left, -, side right toward COH in a V-shaped Left Half Open Position, cross left in front of right; Forward right, -, side left toward RLOD in a V-shaped Half Open Position, cross right in front of left commencing right face turn to cross in front of woman; Turning 3/8 right face cross in front of woman side left, -, side right toward WALL in a V-shaped Left Half Open Position, cross left in front of right; Forward right, -, side left toward LOD in a V-shaped Half Open Position, cross right in front of left;

**WOMAN:** Forward right, -, side left toward COH in a V-shaped Left Half Open Position, cross right in front of left commencing right face turn to cross in front of man; Turning 3/8 right face cross in front of man side left, -, side right toward RLOD in a V-shaped Half Open Position, cross left in front of right; Forward right, -, side left toward WALL in a V-shaped Left Half Open Position, cross right in front of left commencing right face turn to cross in front of man; Turning 3/8 right face cross in front of man side left, -, side right toward LOD in a V-shaped Half Open Position, cross left in front of right;

**NOTE:** Usually begins in Half Open Position. The facing directions above would be reversed if started facing RLOD. Man commences right face turn to cross in front of woman on the last step of the previous figure.

**# Traveling Cross Chasse**

SQQ;

trav X chasse                      Traveling Cross Chasse  
FWD TRN, -, SD & FWD, XIF;  
(BK TRN, -, SD & BK, XIF;)

**MAN:** Forward left toward Line of Progression and turning left face 1/8 blending to right shoulder lead with both hands joined going down and in to hip level, -, side and forward right, cross left in front of right;

**WOMAN:** Back right toward Line of Progression turning left face 1/8 blending to left shoulder lead with both hands joined going down and in to hip level, -, side and back left, cross right in front of left;

**NOTE:** Traveling Cross Chasse is a progressive figure. Traveling Cross Chasse may also start with the man's right and woman's left foot. In that case the man would use a turn right with a left shoulder lead and the woman would turn right with a right shoulder lead. Partners should remain facing throughout this figure with shoulders parallel.

**SLOW TWO STEP**

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

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

**TANGO**

**TG. TANGO**

**CHARACTERISTICS:** In round dancing, the Tango rhythm is denoted using 4/4 timing. Figures are sometimes written in 1 1/2 measures using 3 patterns of timing: [SS]; [QQS]; [QQQQ];. All forward steps are heel leads, side steps are inside edge of foot and closing steps are flat whole foot. Foot placement in Closed Position is slightly different than other rhythms. The right foot is placed a few inches back so that the right toe is level with the left instep; this will help to hold the knees in a slightly flexed but very firm position. Each foot is picked up and placed deliberately. The hold is very compact with the woman further into the man's right side. In Tango, there is somewhat of a wider base because the weight is between the feet. Bodies are not allowed to go outside of the feet; therefore, there is no flight and no swing, but there is turn. Without flight and swing, there is no sway, rise or fall. A wider base, compact hold, action of the legs and feet all contribute in achieving a different quality and character for dancing Tango.

**In box, click figure title to go to definition.**

<b>Advance Corte</b>	<b>Outside Swivel</b>	<b>Reverse Turn Closed Finish</b>
<b>Back Corte</b>	<b>Oversway</b>	<b>Reverse Turn Open Finish</b>
<b>Closed Finish</b>	<b>Pivot Right Face Double</b>	<b>Right Lunge</b>
<b>Closed Promenade</b>	<b>Progressive Link</b>	<b>Rock Turn</b>
<b>Develope</b>	<b>Promenade</b>	<b>Spanish Drag</b>
<b>Doble Cruz</b>	<b>Promenade Link</b>	<b>Tango Close</b>
<b>Leg Crawl</b>	<b>Promenade Sway</b>	<b>Telemark to SCP</b>
<b>Open Natural Turn</b>	<b>Reverse Fallaway from CP</b>	<b>Turning Tango Close</b>
<b>Open Rev Trn Closed Finish</b>	<b>Reverse Fallaway from SCP</b>	<b>Viennese Turns</b>

**From other pages, click any definition title to return to this page.**

**# Advance Corte**                      adv corte                      Advance Corte  
 QQS;                                      BACK, DRAW, THRU, -;  
     (FWD, DRAW, THRU, -;)

**MAN:** Back and side left with lowering action and supporting leg relaxed, draw right to left turning to Semi-Closed Position, step thru right, -;

**WOMAN:** Forward right, draw left to right to Semi-Closed Position, step thru left, -;

**NOTE:** This figure maintains the characteristics of American Tango but may be danced in other forms of Tango.

**# Back Corte**                              bk corte                              Back Corte  
 SQQ; S                                      BK, -, BK TRN, SD & FWD; CL, -,  
     (FWD, -, FWD TRN, SD & BK; CL, -;)

**MAN:** Back left with left shoulder lead, -, back right commence turning 1/4 left face, continue left face turn side and forward left; close right to left, -;

**WOMAN:** Forward right with right shoulder lead, -, forward left commence turning 1/4 left face, continue left face turn side and back right; close left to right, -;

**NOTE:** Closed Position throughout. Figure turns 1/4 left face. This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

## TANGO

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

#### # Closed Finish

QQS;

cl fin Closed Finish  
BK TRN, SD & FWD, CL, -;  
(FWD TRN, SD & BK, CL, -;)

**MAN:** Back right turning left face, side and forward left, close right to left with his right toe even with his left instep, -;

**WOMAN:** Forward left turning left face, side and back right, close left to right with her left heel near her right instep, -;

**NOTE:** This figure maintains the characteristics of American Tango but may be danced in other forms of Tango.

#### # Closed Promenade

SQQ; S

cl prom Closed Promenade  
SD & FWD, -, THRU, SD & FWD; CL, -,  
SD & FWD,-, THRU, SD & BK; CL,-,)

**MAN:** Side and forward left, -, thru right, side and forward left; close right, -,

**WOMAN:** Side and forward right, -, thru left, side and back right turning left face to Closed Position; close left, -,

**NOTE:** Starts in Semi-Closed Position. Man has no turn. Woman turns 1/4 left face to Closed Position between steps 2 and 3. Usually starts in Semi-Closed Position Line of Dance and ends in Closed Position Line of Dance and Wall. This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

#### # Develope

SS;  
(SQQ;)

none Develope  
FWD CK, -, -, -;  
(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. This figure maintains the characteristics of American Tango but may be danced in other forms of Tango.

#### # Doble Cruz

SQQ; QQQQ;

none Doble Cruz  
FWD, -, THRU, SD; XIB, RONDE, XIB, BK;  
(FWD, -, THRU, SD; XIB, RONDE, XIB, FWD;)

**MAN:** Forward left to Semi-Closed Position, -, thru right, side left to Closed Position; cross right in back of left, ronde left, cross left in back of right starting a left face turn, back right to Banjo Position;

**WOMAN:** Forward right to Semi-Closed Position, -, thru left, side right to Closed Position; cross left in back of right, ronde right, cross right in back of left starting a left face turn, continue turn forward left to Banjo Position;

**NOTE:** This figure maintains the characteristics of American Tango but may be danced in other forms of Tango.



## TANGO

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

#### # Oversway

ovrsway

Oversway

S

SD SWAY, -,

**MAN:** Side left relaxing left knee leaving right leg extended and stretching left side of body and looking in designated direction, -,

**WOMAN:** Side right relaxing right knee leaving left leg extended and stretching right side looking well to the left, -,

**NOTE:** As knee is flexed there is a slight left face turn similar to a Side Dip or Side Corte. Begins in Closed Position with man's left and woman's right foot free. This figure maintains the characteristics of American Tango but may be danced in other forms of Tango.

#### # 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, -;

**NOTE:** This figure maintains the characteristics of American Tango but may be danced in other forms of Tango.

#### # Progressive Link

prog link

Progressive Link

QQ

FWD, SD & BK,  
(BK, TRN SD & BK,)

**MAN:** Forward left, turn body right face small side and back right to Semi-Closed,

**WOMAN:** Back right, turning right face small side and back left to Semi-Closed,

**NOTE:** Starts in Closed Position, ends in Semi-Closed with lead foot tapped forward. The side and back steps are small so that progression is made. This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

#### # Promenade

prom

Promenade

SQQ; S

SD & FWD, -, THRU, SD & FWD; CL, -,

**MAN:** Side and forward left, -, thru right, side and forward left; close right, -,

**WOMAN:** Side and forward right, -, thru left, side and forward right; close left, -,

**NOTE:** Semi-Closed Position throughout. This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.



## TANGO

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

**# Reverse Turn Closed Finish**      rev trn cl fin      Reverse Turn Closed Finish  
QQS; QQS;      FWD TRN, SD & BK, BK, -; BK TRN, SD & FWD, CL, -;  
(BK TRN, HEEL TRN, FWD, -; FWD TRN, SD & BK,  
CL, -;)

**MAN:** Forward left turning left face, side and back right continue left turn, back left, -; back right turn left face, side and forward left, close right to left, -;

**WOMAN:** Back right turning left face, close left to right continuing heel turn, forward right between man's feet, -; forward left turning left face, side and back right, close left to right, -;

**NOTE:** Closed Position throughout. Makes 3/4 turn to the left. This figure maintains the characteristics of American Tango but may be danced in other forms of Tango.

**# Reverse Turn Open Finish**      rev trn op fin      Reverse Turn Open Finish  
QQS; QQS;      FWD TRN, SD & BK, BK, -; BK TRN, SD & FWD, FWD, -;  
(BK TRN, HEEL TRN, FWD, -; FWD TRN, SD & BK,  
BK, -;)

**MAN:** Forward left turning left face, side and back right continue left turn, back left in Closed Position, -; back right turning left, side and forward left, forward right outside partner in Banjo, -;

**WOMAN:** Back right turning left face, close left to right continuing heel turn, forward right between man's feet in Closed Position, -; forward left turning left, side and back right, back left to Banjo, -;

**NOTE:** Starts in Closed Position and ends in Banjo Position. Makes 3/4 turn to the left. This figure maintains the characteristics of American Tango but may be danced in other forms of Tango.

**# Right Lunge**      R lun      Right Lunge  
S      SD & FWD LUN, -,  
(SD & BK LUN, -;)

**MAN:** Flex left knee move side and slightly forward onto right keeping left side in toward partner and as weight is taken on right flex right knee and make slight body turn to left and look at partner, -;

**WOMAN:** Flex right knee move side and slightly back onto left keeping right side in toward partner and as weight is taken on left flex left knee and make slight body turn to left, -;

**NOTE:** Begins in Closed Position with man's right and woman's left foot free. The recover step on this figure may be used in combination with the Leg Crawl or the Spanish Drag. This figure maintains the characteristics of American Tango but may be danced in other forms of Tango.

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

**TANGO**

**# Rock Turn**

QQS;  
QQS;

rk trn                      Rock Turn  
BK TRN, CONT TRN RK FWD, REC BK, -;  
BK TRN, CONT TRN SD & FWD, CL, -;  
(FWD TRN, CONT TRN RK BK, REC FWD, -;  
FWD TRN, CONT TRN SD & BK, CL, -;)

**MAN:** Back left commence turn 1/4 right face, continue turn rock forward right, recover back left, -; back right commence 1/4 left face turn, continue turn side and forward left, close right to left, -;

**WOMAN:** Forward right commence turn 1/4 right face, continue 1/4 turn rock back left, recover forward right, -; forward left commence 1/4 left face turn, continue 1/4 turn side and back right, close left to right, -;

**NOTE:** Closed Position throughout. Turning 1/4 right face in first measure and 1/4 left face in second measure. This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

**# Spanish Drag**

S

span drg                      Spanish Drag  
REC DRAW, -,

**MAN:** Recover left leaving right leg extended side changing sway and draw right slowly toward left, -,

**WOMAN:** Recover right leaving left leg extended side changing sway and draw left slowly toward right, -,

**NOTE:** Generally commences from the Right Lunge. Other timings are possible. Begins in Closed Position with man's left and woman's right foot free. Sometimes cued as "Tango Drag". This figure maintains the characteristics of American Tango but may be danced in other forms of Tango.

**# Tango Close**

QQQQ;

tg cl                      Tango Close  
FWD, FWD & SD, DRAW, CLOSE;  
(BK, BK & SD, DRAW, CLOSE;)

**MAN:** Forward left, forward and side right, draw left to right with no weight, close left to right;

**WOMAN:** Back right, back and side left, draw right to left with no weight, close right to left;

**NOTE:** (1) Usually done in Closed Position. Draw occurs over the 3<sup>rd</sup> beat of the measure. (2) For musicality, the draw could be dragged a little longer, in which case the close is at the end of the 4<sup>th</sup> beat. (3) The figure can also be cued as "Forward Tango Close." (4) The figure may make up to 1/4 left face turn on count 1, in which case it is cued as "Turning Tango Close." This figure maintains the characteristics of American Tango but may be danced in other forms of Tango.





## WALTZ

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

# **Back Passing Change**                      bk passing chg                      Back Passing Change  
1,2,3;    BK, BK, BK;  
    (FWD, FWD, FWD;)

**MAN:** Back left, back right, back left;

**WOMAN:** Forward right, forward left, forward right;

**NOTE:** Banjo Position throughout making no turn with all passing steps.

# **Back Whisk**                                      bk wsk                                      Back Whisk  
1,2,3;    BK, BK & SD, XIB;  
    (FWD, FWD & SD, XIB;)

**MAN:** Back left, back and side on right, cross left in back of right finishing in Semi-Closed Position;

**WOMAN:** Forward right, forward and side left, cross right in back of left finishing in Semi-Closed Position;

# **Chair and Slip**                                      chr & slp                                      Chair & Slip  
1,2,3;    LUN THRU, REC, SLP BK;  
    (LUN THRU, REC, SWVL FWD;)

**MAN:** From Semi-Closed Position check thru right with lunge action as for Chair [see Phase III], recover left [no rise], with slight left face upper body turn slip right behind left continuing turn to end facing Diagonal Line of Dance and Center of Hall;

**WOMAN:** From Semi-Closed Position check thru left with lunge action as for Chair [see Phase III], recover right [no rise], swivel left face on right and step forward left outside man's right foot to Closed Position;

# **Change of Direction**                                      chg of dir                                      Change of Direction  
1,2,-;    FWD, FWD TRNG DRAW, -;  
    (BK, BK TRNG DRAW, -;)

**MAN:** Forward left Diagonally Line of Dance and Wall, forward right Diagonally Line of Dance and Wall right shoulder leading turning left face starting to draw left to right and continue drawing left to right over the remainder of the measure, -;

**WOMAN:** Back right Diagonally Line of Dance and Wall, back left Diagonally Line of Dance and Wall left shoulder leading turning left face starting to draw right to left and continue drawing right to left over the remainder of the measure, -;

**NOTE:** Closed Position throughout, up to 1/4 left face turn. The turn is made after the toe is placed on the second step; when the turn is completed this step "becomes" a side step. This figure generally starts with the couple facing Diagonally Line of Dance and Wall. If the starting direction is different, then the direction of the footwork needs to be adjusted.

# **Closed Impetus**                                      cl imp                                      Closed Impetus  
1,2,3;    BK TRN, HEEL TRN, SD & BK;  
    (FWD, SD & FWD TRN & BRUSH, FWD;)

**MAN:** Commence right face upper body turn back left, close right to left [heel turn] continue turn, side and back left to Closed Position;

**WOMAN:** Commence right face upper body turn forward right between man's feet heel to toe pivoting 1/2 right face, side and forward left continue right face turn around man and brush right to left, forward right between man's feet to Closed Position;

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

**WALTZ**

**# Closed Wing**

1,2,3;

cl wing

FWD, DRAW, TCH;  
(BK, SD, FWD;)

Closed Wing

**MAN:** Forward right, draw left to right with left face upper body turn, touch left;

**WOMAN:** Back left, side right across man, forward left to Sidecar Position;

**NOTE:** May be done from Closed or Banjo Positions.

**# Cross Hesitation**

1,2,3;

X hes

THRU, TRN TCH, -;  
(THRU, SD TRN, CL;)

Cross Hesitation

**MAN:** Thru right, commence 1/4 to 3/8 left face turn on right touching left, -;

**WOMAN:** Thru left, side right around man turning left face, continuing turn close left to right to Banjo Position;

**NOTE:** Begins in Semi-Closed Position and ends in Banjo Position.

**# Cross Pivot**

1,2,3;

X pvt

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

Cross Pivot

**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 full right face turn. Woman makes a right face turn 1/2. 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**

1,2,3;

X swvl

FWD, SWVL PT, CK FWD;  
(BK, SWVL PT, CK BK;)

Cross Swivel

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

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

**# Develope**

1,2,3;

none

FWD CK, -, -;  
(BK, FT UP, XTND FT;)

Develope

**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.

<b># Diamond Turn</b>	diam trn	Diamond Turn
1,2,3; 1,2,3;	FWD, SD, BK; BK, SD, FWD;	
1,2,3; 1,2,3;	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 woman outside the 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:** Figure makes 1 full turn left face in 4 measures. Each measure turns 1/4. Starts in designated position and facing direction.

<b># Drag Hesitation</b>	drg hes	Drag Hesitation
1,2,-;	FWD, TRN SD DRAW, -;	
	(BK, TRN SD DRAW, -;)	

**MAN:** Forward left, beginning 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, beginning 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.

<b># Heel Pull</b>	none	Heel Pull
1,2,3;	BK TRN, SD, -;	
	(FWD TRN, SD, DRAW;)	

**MAN:** Back left starting right face turn, continue right face 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, continue right face turn side left, draw right to left;

**NOTE:** Usually ends facing Diagonal Line and Center. Amount of turn may vary.

<b># Hesitation Change</b>	hes chg	Hesitation Change
1,2,-;	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.

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

**WALTZ**

**# Hover Corte**

1,2,3;

hvr corte                      Hover Corte  
BK & TRN, SD & FWD RISE, REC;  
(FWD, SD & FWD RISE, REC;)

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

**WOMAN:** Forward left turning left face, side and forward right with hovering action, recover left with left side leading 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**

1,2,3;

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**

1,2,3;

1,2,3;

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 with right side leading to Banjo Position; 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 partner with left side leading to Banjo Position; forward right starting right face turn, forward and side left continuing turn, forward right to Semi-Closed Position;

**NOTE:** Figure requires 2 measures. Starts and ends in Semi-Closed Position.

**# Left Whisk**

1,2,3;

L wsk                      Left Whisk  
THRU, SD & FWD, XIB;  
(THRU, SD & BK, XIB;)

**MAN:** Thru right to momentary Semi-Closed Position, side and forward left to Closed Position, cross right well behind left to Reverse Semi-Closed Position turning upper body to left;

**WOMAN:** Thru left, side and slightly back right to Closed Position, cross left well behind right;

**NOTE:** Often begins in Semi-Closed Position. The Whisk is flat.







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

**WALTZ**

**# Reverse Fallaway from CP**            rev falwy                    Reverse Fallaway  
1,2,3;                                    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**        rev falwy                    Reverse Fallaway  
1,2,3;                                    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.

**# Right Lunge**                            R lun                            Right Lunge  
1,    SD & FWD,  
    (SD & BK,)

**MAN:** Flex left knee move side and slightly forward onto right keeping left side in toward partner and as weight is taken on right flex right knee and make slight left face body turn and look at partner,

**WOMAN:** Flex right knee move side and slightly back on to left keeping right side in toward partner and as weight is taken on left flex left knee and make slight left face body turn,

**NOTE:** Exits may vary. Amount of time varies.

**# Slow Side Lock**                        slo sd lk                      Slow Side Lock  
1,2,3;                                    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.



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

**WALTZ**

**# Weave to Banjo Position**

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

wev to BJO

Weave to Banjo

FWD, FWD TRN, SD & BK; BK, BK TRN, SD & FWD;  
(FWD, TRN SD, 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 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**

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

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**

1,2,3;

none

Whiplash

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, -;

**WALTZ**

**ROUNDALAB STANDARD  
Phase IV of Round Dancing**

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## WEST COAST SWING

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

#### # Left Side Pass

1,2,3&,4; 1&,2,

L sd pass                      Left Side Pass  
BK TRN, BK TRN, SD/CL, FWD TRN;  
BK/REC, BK,  
(FWD, FWD TRN, SD TRN/XIF TRN, BK TRN;  
BK/REC, BK,)

**MAN:** Back left commence left face turn, small back right out of the slot complete 1/4 left turn leading woman to pass man's left side, side left/close right, forward left turning 1/4 left face; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

**WOMAN:** Forward right, forward left commence left face turn, side right continue turn/cross left in front continue turn, back right completing 1/2 left face turn to face partner [French Cross]; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

**NOTE:** Figure starts and ends in Left Open Facing Position with 1/2 left face turn.

#### # Man's Underarm Turn

1,2,3&,4; 1&,2,

M's undrm trn                      Man's Underarm Turn  
BK, FWD & SD, SD TRN/BK & SD TRN, FWD;  
BK/REC, BK,  
(FWD, FWD TRN, SD TRN/XIF TRN, BK TRN;  
BK/REC, BK,)

**MAN:** Back left, forward and side right toward woman's left side raising joined lead hands commence right face turn, side left continue turn/back and side right completing 1/2 right face turn, forward left; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

**WOMAN:** Forward right, forward left commence left face turn, side right continue turn/cross left in front continue turn, back right completing 1/2 left face turn to face partner [French Cross]; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

**NOTE:** Figure starts and ends in Left Open Facing Position with 1/2 right face turn for man and 1/2 left face turn for woman.

#### # Push Break

1,2,3&,4; 1&,2,

none                                      Push Break  
BK, BK, BK/CL, FWD;  
BK/REC, BK,  
(FWD, FWD, FWD/CL, BK;  
BK/REC, BK,)

**MAN:** Back left, small back right bringing partner to low BFLY, back left/close right, forward left; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

**WOMAN:** Forward right, forward left to low BFLY, forward right close to partner/close left, back right; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

**NOTE:** Figure starts and ends in Left Open Facing Position.

**ROUNDALAB STANDARD  
Phase IV of Round Dancing**

**WEST COAST SWING**

**# Right Side Pass**  
1,2,3&,4; 1&,2,

R sd pass                      Right Side Pass  
TRN & FWD, BK, FWD TRN/CL, FWD;  
BK/REC, BK,  
(FWD, FWD TRN, SD TRN/XIF TRN, BK TRN;  
BK/REC, BK,)

**MAN:** Commence left face turn forward left, small back right leading woman to pass, forward left complete 1/4 left face turn/close right, forward left; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

**WOMAN:** Forward right, forward left commence left face turn, side right continue turn/cross left in front continue turn, back right completing 1/2 left face turn to face partner [French Cross]; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

**NOTE:** Usually starts in L-shaped Position right hands joined but may start in Tandem right hands joined in which case man's first step is forward and second step is a cross in back out of the slot. Change from handshake to lead hands joined as woman passes man on step 3. Figure ends in Left Open Facing Position.

**# Side Breaks**  
a;1a,2a,3a,4;

sd brks                      Side Breaks  
/STP OUT; STP OUT/STP IN, STP IN/STP OUT,  
STP OUT/STP IN, STP IN;

**MAN:** *Beginning during the latter portion of the last beat of the previous action or movement or figure/side left; side right/step under body left, close right/ side left, side right/ step under body left, close right;*

**WOMAN:** *Beginning during the latter portion of the last beat of the previous action or movement or figure/side right; side left/ step under body right, close left/ side right, side left/ step under body right, close left;*

**Note on timing:** The first "a" count occurs on the end of the last beat of the previous action, movement or figure.

**# Straight Whip**  
1,2,3&,4;  
1,2,3&,4;

straight whp                      Straight Whip  
BK, XIF, SWVL SD & FWD/REC TRN, SD;  
XIB, FWD, BK/REC, BK;  
(FWD, FWD, FWD/CL, BK;  
BK, BK, BK/REC, BK;)

**MAN:** Back left joining left hands over right, cross right in front of left turning right face raising joined left hands leaving right hands joined low, small side and forward left/recover right turning right face, side left to face Reverse Line of Progression in Varsouvienne position; cross right in back of left turning right face raising right hands leaving joined left hands low, forward left continuing right face turn to face partner, small back right with instep close to heel of left/recover slightly forward left, slightly back right [Anchor];

**WOMAN:** Forward right, forward left, forward right under joined left hands/close left to right, back right; back left backing under right hands, back right, small back left with instep close to heel of right/recover slightly forward right, slightly back left [Anchor];

**NOTE:** Figure starts in Open Facing Position facing Line of Progression with right hands joined. Man makes a full turn throughout figure, lady makes no turn ending facing line of progression in open facing position with hands joined or not as prescribed in cue sheet.

## WEST COAST SWING

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

#### # Sugar Push

1,2,-,4; 1&,2,

none

Sugar Push

BK, BK, TAP FWD, FWD; BK/REC, BK,  
(FWD, FWD, TAP BK, BK; BK/REC, BK,)

**MAN:** Back left, back right, tap left slightly forward of right foot, forward left; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

**WOMAN:** Forward right, forward left, tap right slightly back of left foot, back right; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

**NOTE:** Figure starts and ends in Left Open Facing Position. An option for the woman is to do a triple step slightly to the man's right side on counts 3&,4, as follows: cross right in back of left/cross left in front of right, side and back right turning to face man.

#### # Throwout

1&,2,3&,4;

none

Throwout

TRN SD/CL, FWD, BK/REC, BK;  
(SD TRN/CL, SD & BK, BK/REC, BK,)

**MAN:** Forward and side left commence 1/4 left face turn/close right, forward left, small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor];

**WOMAN:** Side and back right commence 1/4 left face turn/close left, side and back right, small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor];

**NOTE:** This figure is described starting in Closed Position. The figure may be started in Semi-Closed Position or may start in other positions at choreographer's discretion then the amounts of turn and even the stepping directions may be different.

A common variation if started in Semi-Closed Position would be described as follows:

1,-,3&,4;  
(1&,2,3&,4;)

FWD & SD, TAP, BK/REC, BK;  
(FWD/FWD, FWD TRN, BK/REC, BK,)

**MAN:** Forward and side left leading woman forward, tap right behind left swiveling 1/4 left face on left, small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor];

**WOMAN:** Forward right/forward left, forward right swiveling 1/2 left face, small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor];

#### # Tuck and Spin

1,2,-,4; 1&,2,

tuck & spn

Tuck & Spin

BK, BK, TAP, FWD; BK/REC, BK,  
(FWD, FWD, TAP, TRN FWD SPN; BK/REC, BK,)

**MAN:** Back left, back right bring lead hand in to center leading woman to a right side lead, tap left to right with left shoulder lead, forward left with left side lead to lead woman's spin; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

**WOMAN:** Forward right, forward left slight turn left face to tight Left Open Facing Position, touch right to left, turn 1/2 right face forward right spin 1/2 right face to face partner; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

**NOTE:** Figure starts and ends in Left Open Facing Position. Woman completes a full right face turn.

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

**WEST COAST SWING**

**# Tummy Whip**

1,2,3&,4;  
1,2,3&,4;

tummy whp                      Tummy Whip  
BK, XIF, SWVL SD/REC TRN, FWD;  
XIB TRN, FWD, BK/REC, BK;  
(FWD, FWD, FWD/CL, BK;  
BK, BK, BK/REC, BK;)

**MAN:** Back left releasing lead hands, slight cross right in front of left moving toward the woman's right side placing right hand on woman's right hipbone, swivel 1/4 right face on right foot side left [partial weight]/recover right turn 1/4 right face, forward left to woman's left side; releasing woman's hip cross right in back of left commence right face turn, side and forward left complete 1/2 right face turn to face partner in Left Open Facing Position, small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor];

**WOMAN:** Forward right, forward left, forward right/close left, back right; back left, back right, small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor];

**NOTE:** Starts and ends in Left Open Facing Position. Woman has no turn; however, man has one full turn.

**# Turkey Walks**

1,2,3,4;  
1,2,3,4;

none                                      Turkey Walks  
SD, CL, SD, CL;  
SD, CL, TRN, CL;  
(SD, CL, SD, CL;  
SD, CL, TRN, CL;)

**MAN:** Side left commence to pass behind woman, close right to left, side left, close right to left; Side left, close right to left having passed behind woman, turning 1/4 right face side left to face Reverse Line of Progression, close right to left facing partner;

**WOMAN:** Side right, close left to right, side right, close left to right; Side right, close left to right, turning 1/4 left face side right to face Line of Progression, close left to right facing partner;

**NOTE 1:** Figure is described above with the starting position (alignment) of Left Open Facing Position, facing the wall, lead feet free (inside feet) and no hands joined.

**NOTE 2:** Figure may be started with Open Position (or modified Open), facing any one of four directions (alignment): WALL, COH, LOD or RLOD, with woman on either side of man, inside feet free and no hands joined.

**NOTE 3:** Ending position: Left Open Facing 1/4 turn from starting position facing partner.

**NOTE 4:** Figure is normally done using "jazz hands" throughout all 8 counts. Holding elbows at sides with forearms extended up and palm facing out from body with fingers splayed moving hands left to right rapidly or wave rapidly throughout the figure.

**NOTE 5:** Figure is normally done using strong Cuban motion on each side step and closing step (Merengue action).

## WEST COAST SWING

## ROUNDALAB STANDARD

### Phase IV of Round Dancing

#### # Underarm Turn

1,2,3&,4; 1&,2,

undrm trn                      Underarm Turn  
BK, XIF TRN, SD/CL, SD & FWD TRN;  
BK/REC, BK,  
(FWD, FWD TRN, SD TRN/XIF TRN, BK TRN;  
BK/REC, BK,)

**MAN:** Back left, raising joined lead hands and leading woman to pass man's right side cross right in front of left to woman's right side commence right face turn, side left/close right, side and forward left complete 1/2 right face turn; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

**WOMAN:** Forward right, forward left commence left face turn, side right continue turn/cross left in front continue turn, back right complete 1/2 left face turn to face partner [French Cross]; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

**NOTE:** Figure starts and ends in Left Open Facing Position with 1/2 right face turn for man and 1/2 left face turn for woman.

#### # Wrapped Whip

1,2,3&,4;

1,2,3&,4;

wrpd whp                      Wrapped Whip  
BK, XIF TRN, SD TRN/CL, SD;  
XIB TRN, SD & FWD TRN, BK/REC, BK;  
(FWD, FWD, FWD/CL, BK;  
BK, BK, BK/REC, BK,)

**MAN:** Back left to double handhold, raising joined lead hands and leading woman forward cross right in front of left turn 1/4 right face, side left continue right face turn lowering joined lead hands/close right, side and forward left to end in Wrapped Position on woman's left side; cross right in back of left commence right face turn release man's right and woman's left hand, side and forward left complete 1/2 right face turn to face partner in Left Open Facing Position, small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor];

**WOMAN:** Forward right, forward left, forward right passing under joined lead hands/close left, back right to end in Wrapped Position, small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor];

**NOTE:** Figure starts and ends in Left Open Facing Position. The woman has no turn; however, the man has one full turn.