

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

**MERENGUE**

**MR. MERENGUE**

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

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

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**# Aida** none Forward to Aida  
1,2,3,4; FWD, FWD TRN, SD TRN, BK;

**MAN:** Forward left toward Line of Progression, forward right turning to face partner, side left continuing turn, back right to "V" Back to Back Position;

**WOMAN:** Forward right toward Line of Progression, forward left turning to face partner, side right continuing turn, back left to "V" Back to Back Position;

**NOTE:** May be done from Semi-Closed or Open Position.

**# Back to Back** bk to bk Back to Back  
1,2,3,4; IN PLC TRN, IN PLC TRN, IN PLC TRN, IN PLC TRN;  
1,2,3,4; SD, CL, SD, CL;  
1,2,3,4; IN PLC TRN, IN PLC TRN, IN PLC TRN, IN PLC TRN;  
1,2,3,4; SD, CL, SD, CL;

**MAN:** From Butterfly Position release lead hands and turning left face on each step in place left, in place right, in place left, in place right and join lead hands again to end in Back to Back Position with both hands joined; side left, close right, side left, close right; releasing trail hands and turning left face on each step in place left, in place right, in place left, in place right to Butterfly Position; side left, close right, side left, close right;

**WOMAN:** From Butterfly Position release lead hands and turning right face on each step in place right, in place left, in place right, in place left and join lead hands again to end in Back to Back Position with both hands joined; side right, close left, side right, close left; releasing trail hands and turning right face on each step in place right, in place left, in place right, in place left to Butterfly Position; side right, close left, side right, close left;

**NOTE:** This figure may also be executed keeping both hands joined throughout, in which lead hands will be high and trail hands low on measure 1 and the opposite on measure 3.

- # 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.

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**# 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.

# Marchessi

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

none Marchessi  
HEEL FWD, REC, TOE BK, REC;  
HEEL FWD, REC, HEEL FWD, REC;  
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 right, press left toe back shifting weight to cause right foot to slightly release from floor, recover right; press left heel forward shifting weight to cause right foot to slightly release from floor, recover right, press left heel forward shifting weight forward to cause right foot to slightly release from floor, recover right; press left toe back shifting weight to cause right foot to slightly release from floor, recover right, press left heel forward shifting weight to cause right foot to slightly release from floor, recover right; press left toe back shifting weight to cause right foot to slightly release from floor, recover right, press left toe back shifting weight to cause right foot to slightly release from floor, recover right;

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

**NOTE:** The action is one of shifting weight but maintaining balance over supporting foot, being careful not to rock upper body back and forth. Usually danced in Closed Position with man's left and woman's right hands joined below waist level [man's palm up and woman's palm down], and 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.

# Natural Top

1,2,3,4;

nat top Natural Top  
SD TRN, XIB TRN, SD TRN, CL;  
(FWD TRN, SD TRN, XIF TRN, SD;)

**MAN:** Beginning to turn right face side and forward left to Closed Position facing Reverse Line of Progression, continuing to turn cross right in back, continuing to turn side left, completing a full right face turn close right;

**WOMAN:** Beginning to turn right face forward right between man's feet to Closed Position facing Line of Progression, continuing to turn side left, continuing to turn cross right in front between man's feet, completing a full right face turn side left;

**NOTE:** The figure may turn less than one full turn to end facing the designated direction.

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**# 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.

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