

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.

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# Marchessi	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.

# Reverse Turn	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.

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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.

