

**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.

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<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>		

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**# 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;

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#### # 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.

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**# 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.

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