ROUNDALAB STANDARD
Phase V of Round Dancing

Click Action title to go to definition.

Body Roll	**Change of Sway**	**Head Flick**	**Spiral**
Boleo			

I. ACTIONS

Punctuation marks [commas, semi-colons, etc.] in Action Section do not represent musical timing.

 # Body Roll bdy roll Body Roll
A circular rotation of the upper body outside the base.

Boleo none Boleo
MAN: Without weight change while maintaining current body position quickly lead the woman with slight but quick hip movement to the left and then immediately back to the right to the original position causing the woman to swing her elevated leg left face (counterclockwise) and then right face (clockwise). Timing is QQ.
WOMAN: The woman raises her free leg so that the lower part of the free leg is parallel to the floor and quickly swings the leg about 45 degrees counterclockwise (left face) and then back about 45 degrees clockwise (right face). Timing is QQ.
NOTE: It is permissible to rotate the woman's leg in the opposite direction. It is also permissible for the man to perform the Boleo action.

 # Change of Sway chg sway Change of Sway
From any sway position without weight change, change stretch of body and head position to opposite direction [there may be body rotation]. Timing will vary.

 # Head Flick hd flk Head Flick
Man quickly rotates hips to side and back again to cause Woman to snap head from one side to the other and back again. No weight change. Man's head turns very little if at all. Timing is &S. Used primarily in Tango.

 # Spiral sprl Spiral
Turning action only for man or woman. Turn on left foot approximately 7/8 right face leaving right foot in place with slight pressure on toe.
NOTE: Thighs will be crossed after spiral is made. Knees are relaxed and body stretched upward with weight staying directly over supporting foot. Usually done on 1 beat of music but may be done slower. May be done on right foot turning left face.

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