



## Phase V of Round Dancing

## # Cross Basic

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

X bas

XIF TRN, REC, SD/CL, SD; XIB TRN, REC, SD/CL, SD;

(XIB TRN, REC, SD/CL, SD; XIF TRN, REC, SD/CL, SD;)

Cross Basic

**MAN:** Cross left in front of right turning 1/4 left face, recover back right, side left/close right, side left; cross right in back of left turning 1/4 left face, recover forward left, side right/close left, side right;

**WOMAN:** Cross right in back of left turning 1/4 left face, recover forward left, side right/ close left, side right; cross left in front of right turning 1/4 left face, recover back right, side left/close right, side left;

**NOTE:** May be done facing any direction. Closed Position or Butterfly Position throughout. Should strongly flex knees on the crossing steps. Figure makes 1/2 turn over 2 measures.

## # Cuddle

1,2,3&amp;,4;

none

SD, REC, CL/STP, STP;

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

Cuddle

**MAN:** From Closed Position giving woman a slight left side lead to open her out with slight right side stretch side left with left side stretch, recover right, close left with right side stretch placing left hand on woman's right shoulder blade/step in place right, step in place left leading woman to Closed Position;

**WOMAN:** With slight left side stretch turn 1/2 right face back right with right side stretch free arm out to side, recover left with left side stretch, forward right with left side stretch place right hand on man's left shoulder turning 1/2 left face/close left, side right blending to Closed Position;

**NOTE:** Starts with either foot and may be done any number of times. Lady does a compressed chasse.

## # Double Cuban Breaks

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

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

dbl Cuban brks

XIF/REC, SD/REC, XIF/REC, SD;

XIF/REC, SD/REC, XIF/REC, SD;

Double Cubans

**MAN OR WOMAN:** Cross/recover, side/recover, cross/recover, side; cross/recover, side/recover, cross/recover, side;

**NOTE:** Usually a 2 measure figure in which both partners cross in front of supporting foot. Partners use opposite feet. May be done with either foot lead.

**ROUNDALAB STANDARD**  
**Phase V of Round Dancing**

**CHA CHA**

**# Full Natural Top**

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

full nat top                      Full Natural Top  
XIB TRN, SD TRN, XIB TRN/SD TRN, XIB TRN;  
SD TRN, XIB TRN, SD TRN/XIB TRN, SD TRN;  
XIB TRN, SD TRN, XIB TRN/SD TRN, CL;  
(SD TRN, XIF TRN, SD TRN/XIF TRN, SD TRN;  
XIF TRN, SD TRN, XIF/SD TRN, XIF TRN;  
SD TRN, XIF TRN, SD TRN/XIF TRN, SD;)

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

**WOMAN:** Side left turning right face, cross right in front of left continue turn, side left continue turn/cross right in front of left continue turn, side left continue turn; cross right in front of left continue turn, side left continue turn, cross right in front of left continue turn/side left continue turn, cross right in front of left continue turn; side left continue turn, cross right in front of left continue turn, side left continue turn/cross right in front of left continue turn, side left;

**NOTE:** The figure will resemble two people revolving around an imaginary pole that is between them as they stay parallel throughout. Any fewer steps may be considered a portion of the Natural Top. Usually danced in Closed Position throughout making up to 3 full right face rotation.

**# La Suiza**

1&,2&,3&,4;

none                                      La Suiza  
SD/LIFT FLK, XIF/LIFT FLK, SD/CL, SD;

**MAN:** Side left/lift on left flicking right across in front of left, cross right in front/lift on right flicking left side and back, side left/close right, side left;

**WOMAN:** Side right/lift on right flicking left across in front of right, cross left in front/lift on left flicking right side and back, side right/close left, side right;

**NOTE:** May be done opposite direction with opposite foot lead. Look in the direction opposite to direction of travel. Partners may use same or opposite footwork depending on position of partners. Usually travels diagonally but may be done forward or back without crossing.

**# Natural Opening Out**

1,2,3&,4;

nat opg out                      Natural Opening Out  
CK FWD, REC, SD/CL, SD;  
(TRN BK, REC TRN, SD/CL, SD;)

**MAN:** Giving woman a slight left side lead with right side stretch to open her out check forward left on ball of foot with pressure into floor and shaping to partner, recover right with slight right side lead to lead woman to Closed Position, side left/close right, side left;

**WOMAN:** With slight left side stretch turn 1/2 right face back right with right side stretch, recover left with left side stretch turning left face 1/2 blending to Closed Position, side right/close left, side right;

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

## # Open Hip Twist

1,2,3&amp;,4;

op hip twst                      Open Hip Twist

CK FWD, REC, CL/SIP, SIP;

(RK BK, REC, FWD/LK, FWD SWVL;)

**MAN:** Check forward left, recover right, close left/step in place right, step in place left bracing arm to allow woman to use for her turn;

**WOMAN:** Rock back right, recover left, forward right/lock left, forward right swivel 1/4 right face;

**NOTE:** (1) May be done with right hands joined or man's left and woman's right joined. There is no turn for man, 1/4 right face turn for woman. Woman moves straight forward toward man and uses man's arm to create her turn.

(2) Man may use a slip chasse as an alternative for man's last three steps. His footwork would then be: check forward left, recover right, back left/small slip back right about 3 inches (8cm) before transferring weight forward onto right foot, forward left closing left to right;

## # Single Cuban Break

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

sgl Cuban brk                      Single Cuban

XIF/REC, SD, XIF/REC, SD;

**MAN OR WOMAN:** Cross/recover, side, cross/recover, side;

**NOTE:** Usually a one measure figure in which both partners cross in front of supporting foot. Partners use opposite feet. May be done facing any direction.

## # Sit Line

1,2,3&amp;,4;

none                                      Sit Line

BK, REC, SD/CL, SD;

**MAN:** Small step back left relax knee leave right leg extended free arm up and slight forward body poise, recover right, side left/close right, side left;

**WOMAN:** Small step back right relax knee leave left leg extended free arm up and slight forward body poise, recover left, side right/close left, side right;

**NOTE:** Usually starts in Open Facing Position with lead hands joined. Chasse may be danced forward, together, or sideways.

## # Stop and Go Hockey Stick

1,2,3&amp;,4;

1,2,3&amp;,4;

stop &amp; go hky stk                      Stop &amp; Go Hockey Stick

CK FWD, REC, STP/STP, STP;

CK FWD, REC, STP/STP, STP;

(CL, FWD, FWD/LK, FWD TRN;

RK BK, REC, FWD/LK, FWD TRN;)

**MAN:** Check forward left, recover right raising left arm to lead woman to a left face underarm turn, in place left/right, left; check forward right left side stretch shaping to partner placing right hand on woman's left shoulder blade to check her movement, recover left raising left arm to lead woman to right face underarm turn, in place right/left, right;

**WOMAN:** Close right, forward left, forward right/lock left, forward right turning 1/2 left face under joined hands to end at man's right side; [man catches woman with right hand on woman's left shoulder blade to check her movement] rock back left, recover right, forward left/lock right, forward left turning 1/2 right face under joined hands to end facing man in Fan Position;

**NOTE:** Starts in Fan Position and ends in Fan Position.

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**CHA CHA**

**# Sweetheart**

1,2,3&,4;

swprt

Sweetheart

CK FWD, REC, SD/CL, SD;  
(BK, REC, SD/CL, SD;)

**MAN:** Check forward left with right side lead into contra check like action, recover right straightening body, side left/close right, side left;

**WOMAN:** Back right with left side lead into contra check like action, recover left straightening body, side right/close left, side right;

**NOTE:** Starts in Left Shadow Position, ends in Right Shadow Position. Woman will slide across in front of man on side steps. May be done in the opposite direction with opposite foot lead and body turn.

**CHA CHA**

**ROUNDALAB STANDARD  
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