

FOXTROT

ROUNDALAB STANDARD

Phase V of Round Dancing

Check and Weave

SQQ;

QQQQ;

ck & wev

Check & Weave

SLP BK, -, REC FWD, SD & BK;

BK, BK TRN, SD & FWD, FWD;

(SLP FWD, -, REC BK, SD & FWD;

FWD, FWD TRN, SD & BK, BK;)

MAN: Slip right foot back under body with a slight contra check action, -, forward left commence to turn left face, side right [1/8 left face turn between steps 1 and 2 of the Weave] with right side lead and slight right side stretch preparing to lead woman outside partner; with right side stretch back left in CBMP continue 1/8 left face turn between steps 2 and 3 of the Weave, back right to a momentary Closed Position continue to turn left face, side and forward left with left side stretch [1/4 left face turn between steps 4 and 5 of the Weave body turns less], with left side stretch forward right in Banjo;

WOMAN: Slip left foot forward under body with a slight contra check action, -, back right commence to turn left face, side left [1/4 left face turn between steps 1 and 2 of the Weave] with left side lead and slight left side stretch preparing to step outside partner; with left side stretch forward right in Banjo, forward left to a momentary Closed Position continue to turn left face, side and back right with right side stretch [1/8 left face turn between steps 4 and 5 of the Weave], with right side stretch back left in Banjo [1/8 left face turn between steps 5 and 6 of the Weave body turns less];

NOTE: Starts in Closed Position and ends in Banjo usually turning left face 3/8 to 1/2. Man is usually backing Diagonal Line of Dance and Center of Hall on steps 3 and 4 of the Weave and forward Diagonal Line of Dance and Wall on steps 5 and 6 of the Weave.

Contra Check

S

contra ck

Contra Check

CK FWD, -,

(BK, -)

MAN: Commence left face upper body turn flexing knees with strong right side lead check forward left in CBMP, -,

WOMAN: Commence left face upper body turn flexing knees with strong left side lead back right in CBMP looking well to left, -,

NOTE: Flexing of knees as upper body rotates left face with man's left and woman's right leg preceding the body to move into the next step is very important. Feet will be diagonally across the Line of Dance, legs will be crossed at the thighs. You should feel that the body moves up to your partner as you roll onto the supporting foot. Exits and timing varies.

Contra Check and Slip

SQQ;

contra ck & slp

Contra Check & Slip

CK FWD, -, REC, SLP BK;

(BK, -, REC, SLP FWD;)

MAN: Commence left face upper body turn flexing knees with strong right side lead check forward left in CBMP, -, recover right, slipping left back past right under the body with up to 3/8 right face turn;

WOMAN: Commence left face upper body turn flexing knees with strong left side lead back right in CBMP looking well to left, -, recover left, slip forward right under the body with up to 3/8 right face turn.

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Double Reverse Spin

SQQ;
(SQ&Q;)

dbl rev spn Double Reverse
FWD TRN, -, SD, SPN TCH;
(BK TRN, -, HEEL TRN/SD & BK TRN, XIF;)

MAN: Forward left commence to turn left face, -, side right [3/8 left face turn between steps 1 and 2], spin up to 1/2 left face between steps 2 and 3 on ball of right bringing left foot under body beside right with no weight flexed knees;

WOMAN: Back right commence to turn left face, -, left foot closes to right heel turn turning 1/2 left face between steps 1 and 2/side and slightly back right continue left face turn, cross left in front of right;

NOTE: Starts and ends in Closed Position while amount of turn can vary between 3/4 of turn to 1 full turn. Man has only two changes of weight while woman has four. Woman's timing may vary. Man has strong left face body turn between steps 1 and 2.

Eros Line

SS;

none Eros Line
SD STRETCH, -, HOLD, -;
(SD STRETCH, -, SEND R LEG BK, -;)

MAN: Side right between woman's feet with right side stretch commence right face body rotation with both knees flexed, -, continue right side stretch and body rotation as right leg straightens looking at woman and leading woman into strong left side stretch to send her right leg back, -;

WOMAN: Side left with left side stretch commence slight right face body rotation, -, continue rotation send right leg back slightly flexing the knee and pointing the toe with strong left side stretch making a body arc from head to toe, -;

NOTE: Woman does not lift the knee but sends it back from the hip. The calf, toe and heel are nearly parallel to the floor. Her head looks up and well to the right as if trying to see the right toe with peripheral vision.

Forward Tiple Chasse

SQ&Q;

fwd tiple chasse Forward Tiple Chasse
FWD TRN, -, SD/CL, TRN SD & BK;
(BK TRN, -, SD/CL, TRN SD & FWD;)

MAN: Commence slight right face upper body turn forward right turning right face, -, continue right face turn 1/4 between steps 1 and 2 side left/close right, continue right face turn 1/8 between steps 3 and 4 side and slightly back left;

WOMAN: Commence slight right face upper body turn back left turning right face, -, continue right face turn 1/4 between steps 1 and 2 side right/close left, continue right face turn 1/8 between steps 3 and 4 side and slightly forward right;

NOTE: May start in Banjo or Closed Position.

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Jete Point &Q

jete pt Jete Point
/FWD, XTND,
(/FWD TRN, XTND,)

MAN: *Beginning during the latter portion of the last beat of the previous action or movement or figure/forward onto ball then lowering to flat of foot with springing action, extend other foot to side with inside edge of foot in contact with floor swaying and head looking in direction of extended foot,*

WOMAN: *Beginning during the latter portion of the last beat of the previous action or movement or figure/forward onto ball then lowering to flat of foot with springing action, extend other foot to side with inside edge of foot in contact with floor swaying and head looking in direction of extended foot,*

NOTE: Timing may vary. Sway may vary depending on the following figure. Supporting knee flexes sharply. If starting from Semi-Closed Position woman would pickup to Closed Position on springing step and extension of foot and sway would be same as previously stated.

Note on timing: The first "&" count occurs on the end of the last beat of the previous action, movement, or figure.

Lilt QQ

none Lilt
FWD, CL RISING, or THRU, CL RISING,
(BK, CL RISING), or (THRU, CL RISING,)

MAN: From Closed, Banjo, or Sidecar Positions forward right, close left to right rising onto toes and keeping knees bent, or
From Semi-Closed Position thru right, close left to right rising onto toes and keeping knees bent,

WOMAN: From Closed, Banjo, or Sidecar Positions back left, close right to left rising onto toes and keeping knees bent, or

From Semi-Closed Position thru left, close right to left rising on toes and keeping knees bent,

NOTE: Timing is QQ. Timing variance would affect movement. Requires two steps. It precedes another figure.

Lilt Pivot S&

lilt pvt Lilt Pivot
FWD TRN, -/FWD PVT,
(FWD TRN LF, -/FWD PVT,)

MAN: From Semi-Closed Position forward right with liling action body turning left face picking up woman, -/forward left lowering and pivoting left face,

WOMAN: From Semi-Closed Position forward left with liling action body turning left face to Closed Position, -/back right lowering and pivoting left face,

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Mini Telespin

SQQ&;
QQS;

mini telespn Mini Telespin
FWD TRN, -, SD, BK & SD/SPN;
CONT SPN, CL, HOLD, -;
(BK TRN, -, HEEL TRN, FWD/FWD;
FWD SPN, CL, HOLD, -;)

MAN: Forward left commence to turn left face, -, side right turning 3/8 left face between steps 1 and 2, back and side left no weight light pressure inside edge of toe keeping left side in to woman/turn body left face no weight to lead the woman to Closed Position commence left face spin; forward left continue to spin left face on left drawing right to left under body, close right flexing knees, hold, -;

WOMAN: Back right commence to turn left face, -, left foot closes to right heel turn turning 1/2 left face between steps 1 and 2, forward right keeping right side in to man/forward left turning left face toward partner head to the right; forward right to Closed Position keeping head to the left spinning left face drawing left to right under body, close left flexing knees, hold, -;

NOTE: Starts in Closed Position. Ends in Closed Position. Usually turns left face 1 1/4 to 1 3/8.

Natural Fallaway Weave

SQQ; QQQQ;

nat falwy wev Natural Fallaway Weave
THRU, -, FWD TRN, BK; BK, BK, SD & FWD, FWD;
(THRU, -, FWD, TRN BK; BK, SLP, SD & BK, BK;)

MAN: Forward right commence right face turn with right side stretch, -, forward left rise on toe continue right face turn, back right in Semi-Closed Position; back left losing stretch, slip right back commence left face turn to Closed Position, side and forward left with left side stretch, forward right to Banjo;

WOMAN: Forward left with left side stretch, -, forward right rising to toe between man's feet commence right face turn, continue right face turn back left in Semi-Closed Position; back right on toe, turning left face slip left forward to Closed Position, side and back right with right side stretch, back left to Banjo;

NOTE: The figure begins in Semi-Closed Position. Both man and woman step back well under body on step 4 to slip the woman to Closed Position on step 5. Figure turns left face over steps 5 through 7.

Natural Fallaway Whisk

QQQQ;

nat falwy wsk Natural Fallaway Whisk
THRU TRN, SD & BK CONT TRN, SD & BK,
CONT TRN XIB;
(THRU, FWD TRN, SD, CONT TRN XIB;)

MAN: Thru right commence to turn right face, side and back left 3/8 right face turn between steps 1 and 2, continue turn side and slightly back right body turns less than 3/8 right face between steps 2 and 3, continue body turn to right with strong right side stretch left foot passes under the body crossing in back;

WOMAN: Thru left, forward right between man's feet staying well into man's right arm, commence to turn right face side left [3/8 right face turn between steps 2 and 3], continue body turn right face with strong left side stretch right foot passes under the body crossing in back;

NOTE: Start and end in Semi-Closed Position, second step in Closed Position. Figure turns right face total of 1/2 to 3/4.

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Natural Hover Cross

SQQ; QQQQ;

nat hvr X

Natural Hover Cross

FWD TRN, -, SD TRN, SD; FWD, REC, SD & FWD, FWD;
(BK TRN, -, HEEL TRN, SD; BK, REC, SD & BK, BK;)

MAN: Forward right Diagonal Line of Dance and Wall commence to turn right face, -, side left with left side stretch [1/4 right face turn between steps 1 and 2], continue right face turn side right [1/2 right face turn between steps 2 and 3 body turns less facing Diagonal Line of Dance and Center of Hall]; with right side stretch forward left outside partner in Sidecar on toes, recover right with slight left side lead, side and forward left, with left side stretch forward right in Banjo on toes;

WOMAN: Back left commence to turn right face, -, right foot closes to left heel turn with a right side stretch turning right face 3/8 between steps 1 and 2, continue right face turn side left [3/8 right face turn between steps 2 and 3] to Closed Position; with left side stretch back right in Sidecar on toes, recover left with slight right side lead, side and back right, with right side stretch back left in Banjo;

NOTE: Right face turn over first 3 steps is 3/4. Description starts from Closed Position but can start from Banjo Position or Semi-Closed Position. From Banjo Position woman's second step may optionally change to a small side and forward continuing to turn right face replacing the heel turn. From Semi-Closed Position woman's first 2 steps would be forward left commence right face turn, -, forward right continue right face turn. CBMP occurs on steps 4 & 7.

Natural Telemark

SQQ;

nat tele

Natural Telemark

FWD TRN, -, SD TRN, SD & FWD;
(BK TRN, -, HEEL TRN, SD & BK;)

MAN: Forward right commence to turn right face, -, side left with left side stretch [1/4 right face turn between steps 1 and 2], continue right face turn side and forward right small step [1/2 right face turn between steps 2 and 3];

WOMAN: Back left commence to turn right face, -, right foot closes to left heel turn with right side stretch turning 3/8 right face between steps 1 and 2, staying well into man's right arm continue right face turn side and slightly back left [3/8 right face turn between steps 2 and 3];

NOTE: Usually Closed Position throughout but may start in Banjo Position. Figure normally turns 3/4 right face. May end in Sidecar or Reverse Semi-Closed Positions.

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Natural Weave nat wev Natural Weave
SQQ;
QQQQ;
FWD TRN, -, SD TRN, BK;
BK, BK TRN, SD & FWD, FWD;
(BK TRN, -, HEEL TRN, SD & FWD;
FWD, FWD TRN, SD & BK, BK;)

MAN: Forward right commence to turn right face, -, side left with left side stretch [under 1/4 right face turn between steps 1 and 2], with right side lead back right Diagonal Line of Dance and Center of Hall preparing to lead woman outside partner [slight right face turn between steps 2 and 3]; with right side stretch back left in CBMP, back right commence left face turn passing through Closed Position, with left side stretch side and forward left preparing to step outside partner turning 1/4 left face between steps 5 and 6 body turns less, with left side stretch forward right in Banjo Diagonal Line of Dance and Wall;

WOMAN: Back left commence to turn right face, -, right foot closes to left heel turn with right side stretch turning 1/4 right face between steps 1 and 2, with left side lead forward left preparing to step outside partner; with left side stretch forward right in CBMP outside partner, forward left commence to turn left face passing through Closed Position, with right side stretch side right turning left face 1/8 between steps 5 and 6, with right side stretch back left turning left face 1/8 between steps 6 and 7 body turns less Diagonal Line of Dance and Wall;

NOTE: May start in Closed, Banjo or Semi-Closed Position. If started in Semi-Closed Position, woman's first 3 steps are forward, forward, forward.

Outside Spin outsd spn Outside Spin
SQQ;
BK TRN, -, FWD TRN, SD & BK;
(FWD TRN, -, CL TRN, FWD;)

MAN: In Banjo preparing to lead woman outside partner commence right face body turn toeing in with right side lead back left in CBMP small step 3/8 turn right face on step 1, -, forward right in CBMP heel to toe continue to turn right face, [3/8 right face turn between steps 2 and 3] side and back left to end in Closed Position 1/4 right face turn on 3;

WOMAN: Commence right face body turn with left side lead staying well into the man's right arm right foot forward in CBMP outside partner heel toe, -, left foot closes to right pivot on toes of both feet 5/8 turn between steps 1 and 2, continue to turn right face 1/4 between steps 2 and 3 forward right between man's feet to end in Closed Position 1/8 right face turn on step 3;

NOTE: Man has a strong right face body turn on the first step.

Quick Open Reverse qk op rev Quick Open Reverse
SQ&Q;
FWD, -, FWD TRN/SD & BK, BK;
(BK, -, BK TRN/SD & FWD, FWD;)

MAN: Forward right in CBMP outside partner, -, forward left commence to turn left face/side and back right [1/4 left face turn between steps 2 and 3], with right side stretch back left in Banjo;

WOMAN: Back left in CBMP, -, back right commence to turn left face/side and forward left [3/8 left face turn between steps 2 and 3], with left side stretch forward right outside partner in Banjo;

NOTE: Starts in Banjo Position and blends thru Closed Position to end in Banjo with usually 3/8 to 1/2 left face turn. May start in Closed Position. May also start from Semi-Closed Position in which case woman's first step is forward as she commences to turn left face.

Reverse Fallaway and Slip rev falwy & slp Reverse Fallaway Slip
 QQQQ; FWD TRN, SD & BK, BK, SLP BK PVT;
 (BK, BK, BK, SLP FWD PVT;)

MAN: Forward left commence to turn left face, side and back right with right side lead in Fallaway Position [1/4 left face turn between steps 1 and 2], back left in Semi-Closed Position stepping well under body in Fallaway Position [1/8 turn between steps 2 and 3 body turns less], turning left face slip right back past left toeing in as left foot stays forward in Banjo continue left face turn 1/4 between steps 3 and 4 pivoting on 4 to Closed Position flexing into right knee;

WOMAN: Back right, back left with left side lead in Fallaway Position, back right in Semi-Closed Position well under body in Fallaway Position commence 5/8 turn left face on step 3, continue left face turn slip left past right forward left in Banjo pivoting to Closed Position flexing left knee;

NOTE: Starts in Closed Position facing Diagonal Line of Dance and Center of Hall, Semi-Closed Position [Fallaway] on the third step and ends in Closed Position facing Diagonal Line of Dance and Wall or Line of Dance. Turn may be less by omitting pivot action and slipping only to Banjo backing Line of Dance, lady will only turn 3/8 on the slip. This variation must be cued Fallaway Reverse & Slip to Banjo to denote less turn. Woman may keep head to left on third step. Timing may also be SQ&Q; or SQQ&;

Reverse Impetus rev imp Reverse Impetus
 SQQ; BK, -, HEEL TRN, SD & BK;
 (FWD TRN, -, SD & FWD TRN, FWD;)

MAN: Back right commence to turn left face, -, left closes to right with left side stretch heel turn rising on ball of left foot turning left face 1/2 between steps 1 and 2, continue left face turn with left side stretch on ball of left foot side and back right [1/4 left face turn between steps 2 and 3];

WOMAN: Forward left commence to turn left face staying well into man's right arm, -, with right side stretch side and forward right rising on ball of right foot bring left foot back to brush by right foot [1/2 left face turn between steps 1 and 2], continue left face turn with right side stretch on ball of right foot forward left [1/4 left face turn between steps 2 and 3];

NOTE: When starting in Closed Position, the first step for the woman is forward on left outside man's feet.

Right Lunge Roll and Slip R lun roll & slp Right Lunge Roll & Slip
 SQQ; SD & FWD, -, TRN REC, BK;
 (SD & BK, -, TRN REC, FWD;)

MAN: Side and forward right, -, rolling right face up to 3/8 recover left, slip right past left;

WOMAN: Side and back left, -, rolling right face up to 3/8 recover right, forward left;

NOTE: Man should start with a relaxed left knee, woman with a relaxed right knee. As weight is transferred, both should step into the right lunge onto a relaxed knee. Man should keep his top off and/or away from woman. Woman looks to left staying well into the man's right arm. Starts and ends in Closed Position. The slip may turn 1/4 or more left face.

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Running Open Natural

SQ&Q;

running op nat

Running Open Natural

FWD TRN, -, SD & BK/BK, BK;

(FWD, -, FWD/FWD, FWD;)

MAN: Thru right commence to turn right face, -, side and back left with slight left side stretch [3/8 right face turn between steps 1 and 2]/back right with right side lead preparing to lead woman outside partner in CBMP [1/8 turn right between steps 2 and 3], with slight right side stretch back left in Banjo;

WOMAN: Thru left commence upper body right face turn, -, staying well into man's right arm with slight right side stretch forward right/forward left with left side lead preparing to step outside partner, with slight left side stretch forward right in Banjo;

NOTE: Starts in Semi-Closed Position, ends in Banjo. Man has 1/2 right face turn over 4 steps. Woman has all forward steps with 1/4 right face body turn over 4 steps.

Syncopated Whisk

SQ&Q;

sync wsk

Syncopated Whisk

THRU, -, CL/SD, XIB;

MAN: Thru right, -, left hip turns towards partner close left to right in Closed Position/side right with slight right side stretch, with right side stretch and slight right face body turn cross left in back of right to tight Semi-Closed Position;

WOMAN: Thru left, -, right hip turns towards partner close right to left in Closed Position/side left with slight left side stretch, with left side stretch cross right in back of left to tight Semi-Closed Position;

NOTE: Starts in Semi-Closed Position moves into Closed Position and ends in Semi-Closed Position. Feet should not be crossed tightly, must be 5 to 6 inches apart for balance.

Tipple Chasse

SQ&Q;

none

Tipple Chasse

BK TRN, -, SD TRN/CL, SD;

(FWD TRN, -, SD TRN/CL, SD;)

MAN: Commence right face upper body turn back left turning right face, -, side right with slight left side stretch turning 1/4 right face between steps 1 and 2/close left, side and slightly forward right [1/8 right face turn between steps 3 and 4];

WOMAN: Commence right face upper body turn forward right turning right face, -, continue turning right face small step side left with slight right side stretch [1/4 right face turn between steps 1 and 2]/close right, side and slightly back left [1/8 right face turn between steps 3 and 4];

NOTE: Starts in Closed Position. Amount of turn may vary.

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Top Spin
&; QQQQ;

top spn Top Spin
/SPN; BK, BK TRN, SD & FWD, FWD;
(/SPN; FWD, FWD TRN, SD & BK, BK;)

MAN: *Beginning during the latter portion of the last beat of the previous action or movement or figure*/with weight on ball of right foot spin left face keeping left leg extended back [1/8 left face turn between the preceding step and step 1]; back left in CBMP, back right turning 1/8 left face between steps 1 and 2, with left side stretch side and slightly forward left [1/4 left face turn between steps 2 and 3 body turns less], with left side stretch forward right in Banjo ;

WOMAN: *Beginning during the latter portion of the last beat of the previous action or movement or figure*/with weight on ball of left foot spin left face keeping right leg extended forward [1/8 left face turn between the preceding step and step 1]; forward right in CBMP outside partner, forward left turning 1/8 left face between steps 1 and 2, with right side stretch side and slightly back right [1/8 left face turn between steps 2 and 3, with right side stretch back left in Banjo [1/8 left face turn between steps 3 and 4 body turns less];

NOTE: The Top Spin action occurs on an “&” or “Q” count executed on the last step of the preceding figure with man in Banjo in Foxtrot or Quickstep.

Note on timing: The first “&” count occurs on the end of the last beat of the previous action, movement, or figure.

Turning Lock
Q&QS;

trng lk Turning Lock
BK/LK, BK TRN, SD & FWD, -;
(FWD/LK, FWD TRN, SD & BK, -;)

MAN: Back right with right side lead and right side stretch/cross left in front of right, back and slightly side right commence to turn left face, side and slightly forward left to Banjo [1/4 left face turn between steps 3 and 4 body turns less], -;

WOMAN: Forward left with left side lead and left side stretch/cross right in back of left, forward and slightly side left commence to turn left face, side and slightly back right to Banjo [1/4 left face turn between steps 3 and 4 body turns less], -;

NOTE: Usually turns left face 1/4. Usually starts in Closed Position. Sometimes cued as “Left Turning Lock”.

Zig Zag
SQQ; QQ

none Zig Zag
THRU TRN, -, SD, BK TRN; SD, FWD,
(THRU, -, FWD, FWD TRN; SD, BK,)

MAN: Forward right in CBMP commence to turn right face, -, side left preparing to lead woman outside partner [1/8 right face turn between steps 1 and 2], back right in CBMP commence to turn left face; with left side stretch side left preparing to step outside partner [1/8 left face turn between steps 3 and 4], with left side stretch forward right in Banjo,

WOMAN: Forward left in CBMP, -, forward right preparing to step outside partner, forward left in CBMP outside partner commence left face turn; with right side stretch side right to CBMP [1/8 left face turn between steps 3 and 4], with right side stretch back left in Banjo,

NOTE: Starts in Semi-Closed Position and ends in Banjo.

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