



**ROUNDALAB**

**STANDARDS FOR  
ROUND DANCING**

**PHASE V**



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

This booklet describes and defines the actions, movements and figures used in various rhythms of Phase V Round Dancing. The material in this booklet is supplemented by other ROUNDALAB publications, including other phase booklets, the *Glossary, Index, Abbreviations, Cueing Guidelines, Listing of Phase Rated Actions, Movements and Figures by Rhythm and Listing of Phase Rated Actions, Movements and Figures by Phase.*

The material in this booklet is divided into sections according to the rhythm and dance type. Entries appear alphabetically within each appropriate section.

Rhythm characteristics are defined at the beginning of each rhythm. The format for each figure within that rhythm consists of the title and abbreviation [if applicable], and the preferred cue term. Timing, basic steps for the man, and basic steps for the woman [in parentheses] follow. Descriptions of the figures are given for the MAN and WOMAN and explanatory notes [if needed].

The following rhythms are included in this phase:

Argentine Tango	AT	Mambo	MB	Samba	SB
Bolero	BL	Merengue	MR	Slow Two Step	ST
Cha Cha	CH	Paso Doble	PD	Tango	TG
Foxtrot	FT	Quickstep	QS	Waltz	WZ
Jive	JV	Rumba	RB	West Coast Swing	WC

The format of the title reflects the status of the descriptions or definitions that follow:

Approved Standard -  
Tentative Standard -

**Boldface Type**

Underlined and preceded by a single asterisk [\*]. Tentative Standards will be considered permanent if no comment is received within the year following approval at the annual convention.

On ROUNDALAB Teaching Videos [RTVs] -

Preceded by a number sign [#].

Copies of the following additional manuals, booklets, ROUNDALAB Teaching Videos [RTVs], Digital Video Disks [DVDs] and Figure Video Software [FVS] may be purchased from:

ROUNDALAB  
PO Box 1928  
Auburn, ME 04211  
PHONE: 877 Y I DANCE [877-943-2623] US/CANADA  
207-904-0220 all other countries  
WEBSITE: [www.roundalab.org](http://www.roundalab.org)  
E-MAIL: [roundalab@roundalab.org](mailto:roundalab@roundalab.org)

- Phase Booklets – Phases I through VI
- Glossary
- Abbreviations Booklet
- Index for Glossary & Phase Booklets
- Listing of Phase Rated Actions, Movements and Figures by Rhythm Booklet

## **ROUNDALAB STANDARD**

### **Phase V of Round Dancing**

- Listing of Phase Rated Actions, Movements and Figures by Phase Booklet
- Cueing Guidelines
- Cue Sheet Writing Guidelines
- New Round Dance Leaders Manual - Phase I / II
- Teaching Manuals for Phase III and IV
- Preliminary Foot Movements & Positions/Dance Positions/Walks in all Rhythms Booklet
- Callers Manual for Using Rounds in the Square Dance Program
- ROUNDALAB Teaching Videos [RTVs]
- Instructional Digital Video Discs [DVDs] [Phase I through Phase VI and Addendum]
- Figure Video Software [FVS]

Because of changes over time as well as differences of interpretation, inconsistencies may appear between the ROUNDALAB Teaching Videos [RTVs], Digital Video Discs [DVDs], Figure Video Software [FVS] and the ROUNDALAB Phase Booklets. In such instances, the Phase Booklets should be taken as containing the most up to date material available.

#### **CHANGES:**

Proposed changes to this Standard should be submitted to:

ROUNDALAB  
PO Box 1928  
Auburn, ME 04211  
PHONE: 877 Y I DANCE [877-943-2623] US/CANADA  
207-904-0220 all other countries  
WEBSITE: [www.roundalab.org](http://www.roundalab.org)  
E-MAIL: [roundalab@roundalab.org](mailto:roundalab@roundalab.org)

Proposed changes are to be submitted as follows:

1. Specific reason[s] for the change.
2. Proposed changes must be received by November 1 to be considered at the next Annual ROUNDALAB Convention.
3. Request[s] to change Tentative Standards must be endorsed by signatures from at least two [2] ROUNDALAB Teaching Member Units in good standing. These endorsements must be part of, and accompany, the original request.
4. Tentative Standards will be considered permanent if no comment is received within the year following approval at the annual convention. Tentative Standards are underlined and preceded in the phase booklets with an asterisk [\*].
5. Request[s] to change Permanent Standards must be endorsed by signatures from at least five [5] ROUNDALAB Teaching Member Units in good standing. These endorsements must be part of, and accompany, the original request.
6. Request for addition and phasing of a new action, movement or figure requires three [3] different choreographers use the action, movement or figure in three [3] dances prior to being defined and included in the ROUNDALAB Standards. Requests must be endorsed by signatures from at least five [5] ROUNDALAB Teaching Member Units in good standing. Cue sheets are to be submitted with the request and must be received by November 1 to be considered at the next Annual ROUNDALAB Convention.

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**ROUNDALAB PHASE RATING SYSTEM**

The purpose of the "**ROUNDALAB Phase Rating System**" is to provide a method for rating basic round dance actions, movements and figures according to the degree of complexity. This system can be readily used and understood by all those involved in round dancing to rate a dance at the appropriate phase. This concept works as follows:

- a. If all actions, movements and figures in a dance are from the same phase, the dance will be phased at that phase.
- b. A dance cannot have more than two actions, movements or figures [or any combination thereof] from the next higher phase and remain at the lower phase.
  - [1] If there is one action, movement or figure in a dance from the next higher phase, the dance will be phased at the lower phase plus 1 [e.g., a Phase II dance with one figure from Phase III will be rated Phase II +1].
  - [2] If there are two actions, movements or figures [or any combination thereof] in the dance from the next higher phase, the dance will be phased at the lower phase plus 2 [e.g., a Phase II dance with two figures from Phase III will be rated Phase II +2].
  - [3] Three or more actions, movements or figures [or any combination thereof] in the next higher phase requires the dance to be rated at the higher phase level.
- c. A dance cannot be rated any lower than one phase below the highest action, movement or figure used [e.g., a Phase III dance with one figure from Phase V will be rated as Phase IV +1].

ROUNDALAB suggests the Phase Rating be included in the lead information on every cue sheet. Choreographers should put a "degree of difficulty" as part of the heading of a cue sheet, as determined by the following parameters:

- a. EASY [EZ] – a dance that can be done to cues by the average dancer at THAT phase level without further instructions by the cuer.
- b. AVERAGE [AVG] – a dance that can be done to cues by the average dancer at THAT phase level with one or two simple instructions explained by the cuer, e.g., "Lady rolls to LOP, not a Cross Wrap".
- c. DIFFICULT [DIFF] – a dance that probably cannot be done by the average dancer at that phase level without a special teach because of rotations; unphased actions, movements or figures; unusual positioning; figure modifications; or tempo or timing changes.

ROUNDALAB recommends that choreographers assume the responsibility of rating their own dance before publication. However, if the choreographer does not rate the dance, then any person can easily rate the dance by using ROUNDALAB criteria.

**ROUNDALAB STANDARD**  
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**ROUNDALAB STANDARD**  
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III. FIGURES

AT. ARGENTINE TANGO

**CHARACTERISTICS:** In round dancing, the Argentine Tango rhythm is denoted using 4/4 timing. Figures are sometimes written in measures using various patterns of timing such as [SS]; [QQS]; [QQQQ]. The Argentine Basic is danced SS; QQS. The basic dance position in Argentine Tango is called the “Embrace,” which is described as follows. In Closed Position, both the man and lady have a little forward poise. The lady curves her arm and places her hand on the man’s upper arm and shoulder. Taller ladies may extend her hand up to and slightly around the man’s neck. The man typically places his right hand a little further around the lady’s back. The man’s head is tilted slightly downward and to the left, while the lady’s head is tilted slightly downward toward the man’s left shoulder. The walking action is done with little rise and fall with forward steps taken ball-flat or simply on the flat of the foot. A heel lead may be used to achieve more travel.

**In box, click figure title to go to definition.**

La Cobra	Sentada	
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**From other pages, click any definition title to return to this page.**

# La Cobra	none	La Cobra [#steps]
SS;	THRU TRN, -, SD & BK SWVL, -;	
	(THRU, -, FWD SWVL, -;)	

**MAN:** In Semi-Closed Position thru right turning 1/2 right face to face woman as you point left side and back side and back left leading woman forward between his feet, -, then right leg quickly moves back rotating body right face as right foot moves in a CW circle to touch right to left causing woman to swivel 1/2 right face to end Semi-Closed Position, -;

**WOMAN:** In Semi-Closed Position thru left, -, forward right between man’s feet swiveling 1/2 right face bring feet together to touch left to right ending in Semi-Closed Position, -;

**NOTE:** (1) This figure usually starts in Semi-Closed with the maneuvering action. The figure ends in Semi-Closed Position for an even number of steps and ends in a Closed Position for an odd number of steps. (2) This figure may start from a Closed Position performing the 2<sup>nd</sup> Slow of the definition (as an inside swivel). (3) The minimum number of steps is two, with no maximum number of steps. For more than two steps, the sequence repeats until the number of specified steps is completed. (4) This figure maintains the characteristics of Argentine Tango but may be danced in other forms of Tango.

## ARGENTINE TANGO

## ROUNDALAB STANDARD

### Phase V of Round Dancing

#### Sentada

QQS;  
(QQQQ;)

none

BK TRN, SD, TRN PT, -;  
(FWD TRN, SD, XIB TRN WITH SIT, FLK IF;)

Sentada

**MAN:** Starting from Closed Position back right turning 1/4 left face, side left commencing upper upper body slight left face rotation, continue slight rotation leading woman to a stronger left face turn to almost an L-Position and softening the left knee in preparation for the woman to sit up against the man's left thigh while he points right toe to the side, -;

**WOMAN:** Starting from Closed Position forward left turning 1/4 left face, side right commencing left face turn, cross left behind right to almost an L-Position and softening the left knee to sit up against the man's left thigh, sharply flick right in front of left knee in a figure 4 or kick the right leg forward to lift and cross the right knee over the left knee;

**NOTE:** (1) This figure may be executed starting with lead feet free both turning right face to the man's right side. (2) In moving to the man's other side for another Sentada, the man only takes one step on count 2, while the woman takes another three steps.



## BOLERO

## ROUNDALAB STANDARD Phase V of Round Dancing

### # Half Moon

SQQ;  
SQQ;

1/2 moon                      Half Moon  
SD & TRN, -, SLP FWD, BK TRN;  
TRN SD & FWD, -, TRN & SLP BK, FWD & TRN;  
(SD & TRN, -, SLP FWD, BK TRN;  
TRN SD & FWD, -, TRN & SLP FWD, BK & TRN;)

**MAN:** Side right commence right face turn with right side stretch slight "V" shape toward partner, -, continue turning right face slip forward left shaping to partner, recover back right turning to face partner; turning 1/4 left face side and forward left with left side stretch, -, slip back right shaping to partner, forward left continue turning 1/4 to face partner;

**WOMAN:** Side left commence left face turn with left side stretch slight "V" shape toward partner, -, continue turning left face slip forward right shaping to partner, recover back left turning to face partner; turning 1/4 right face side and forward right raising left arm turning slightly away from partner but looking at and shaping to partner, -, slip forward left in front of man turning left face 1/2, back right continue turning 1/4 left face to face partner;

**NOTE:** Starts in a facing position with right hands joined and turns 1/2 within 2 measures.

### # Horseshoe Turn

SQQ;  
SQQ;

horseshoe trn                      Horseshoe Turn  
SD & FWD, -, SLP FWD, BK;  
FWD TRN, -, FWD TRN, FWD TRN;  
(SD & FWD, -, SLP FWD, BK;  
FWD TRN, -, FWD TRN, FWD TRN;)

**MAN:** Side and forward right with right side stretch to a "V" Position, -, slip thru left with a checking action continue to shape to partner, recover right raising lead hands; forward left commence left face turn, -, forward right commence circle walk, forward left complete circle walk to face partner;

**WOMAN:** Side and forward left with left side stretch to "V" Position, -, slip thru right with checking action continue to shape to partner, recover left raising lead hands; forward right commence right face turn, -, forward left continue right face circle walk under joined lead hands, forward right complete circle walk to face partner;

**NOTE:** Figure makes up to 3/4 turn on second measure.

### # Riff Turn

QQQQ;

riff trn                              Riff Turn  
SD, CL, SD, CL;  
(SD & FWD SPN, CL, SD & FWD SPN, CL;)

**MAN:** Side left raise lead hands to start woman into right face spin, close right to left as woman completes spin, side left keeping lead hands up start woman into right face spin, close right to left as woman completes spin;

**WOMAN:** Side and forward right spin right face completing one full turn under joined lead hands, close left to right, side and forward right spin right face completing one full turn under joined lead hands, close left to right;

**NOTE:** Begins and ends in a facing position.

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**BOLERO**

**# Sweetheart**  
SQQ;

swprt                      Sweetheart  
SD, -, SLP FWD, REC;  
(SD, -, SLP BK, REC;)

**MAN:** Side right with right side stretch, -, slip forward left with right side lead to contra check action, recover right with left side stretch;

**WOMAN:** Side left with left side stretch, -, slip back right with left side lead to contra check action, recover left with right side stretch;

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

**BOLERO**

**ROUNDALAB STANDARD**  
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**# 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.

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**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.



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

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## 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.



## FOXTROT

## ROUNDALAB STANDARD

### Phase V of Round Dancing

- # Double Reverse Spin**                      dbl rev spn                      Double Reverse  
SQQ;  
(SQ&Q;)  
**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**                                      none                                      Eros Line  
SS;  
(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**                      fwd tiple chasse                      Forward Tiple Chasse  
SQ&Q;  
(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.





**ROUNDALAB STANDARD**  
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**FOXTROT**

**# 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.

## FOXTROT

## ROUNDALAB STANDARD

### Phase V of Round Dancing

#### # 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.

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

**FOXTROT**

**# Natural Weave**                      nat wev                      Natural Weave  
SQQ;                                      FWD TRN, -, SD TRN, BK;  
QQQQ;                                    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.



## FOXTROT

## ROUNDALAB STANDARD

### Phase V of Round Dancing

#### # 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.

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

**FOXTROT**

**# 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.

**FOXTROT**

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

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

**JIVE**

**JV. JIVE**

**CHARACTERISTICS:** In round dancing, Jive is denoted using 4/4 timing. The basic figures utilize six beats of music and are written in 1 1/2 measures. Timing is usually 1,2,3a,4; 1a,2,. In basic figures the eight steps are completed in six beats of music. Figures will usually begin with a rock and recover, and steps 3a,4 and 1a,2 are usually Jive Chasses. Figures are done with soft knees. Rock and recover steps are taken with a forward poise and on the ball of the foot.

**In box, click figure title to go to definition.**

<b>Catapult</b>	<b>Mooch</b>	<b>Stop and Go</b>
<b>Chasse Roll</b>	<b>Neck Slide</b>	<b>Whip Throwaway</b>
<b>Flicks into Breaks</b>	<b>She Go, He Go</b>	<b>Whip Turn</b>

**From other pages, click any definition title to return to this page.**

<p><b># Catapult</b> 1,2,3a,4; 1a,2,</p>	<p>none</p>	<p>Catapult FWD, REC, IN PLC/STP, STP; IN PLC/STP, STP, (RK BK, REC, FWD/STP, SPN; IN PLC/STP, STP,)</p>
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**MAN:** Forward left, recover right, in place left/right, left; in place right/left, right,  
**WOMAN:** Rock back right, recover left, forward right commence right face turn/side left continue right face turn, spin right face on right; in place left/right, left to face partner,  
**NOTE:** Starts in Tandem Position [woman behind man] double handhold release right hands after first 2 steps, on first triple woman passes man to his left side turning 1/2 right face to face partner.

<p><b># Chasse Roll</b> 1,2,3a,4; 1a,2,3a,4;</p>	<p>none</p>	<p>Chasse Roll RK BK, REC, SD/CL, SD TRN; SD/CL, SD TRN, SD/CL, SD;</p>
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**MAN:** Rock back left to Semi-Closed Position, recover right to face, side left/close right, side left turning right to Back-to-Back Position; side right/close left, side right continue turn to face, side left/close right, side left end facing partner complete one full turn;  
**WOMAN:** Rock back right to Semi-Closed Position, recover left to face, side right/close left, side right turning left face to Back-to-Back Position; side left/close right, side left continue turn to face, side right/close left, side right end facing partner complete 1 full turn;  
**NOTE:** May be done in opposite direction with opposite turn and opposite footwork.

# JIVE

# ROUNDALAB STANDARD

## Phase V of Round Dancing

### # Flicks into Breaks

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

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

1, -, -/a,4;

flks into brks

RK BK, REC, PT, STP; PT, STP, PT, STP;

KCK, STP, KCK, STP; KCK, STP, KCK, STP;

FWD, -, -/REC, FWD;

Flicks into Breaks

**MAN:** Rock back left, recover right, point left, step left forward; point right thru, step right forward, point left, step left forward; kick right thru, step to right side on right, kick left thru, step to left side on left; kick right thru, step to right side on right, kick left thru, step to left side on left; step forward on right, -, -/recover on ball of left, forward right;

**WOMAN:** Rock back right, recover left, point right, step right forward; point left thru, step left forward, point right, step right forward; kick left thru, step to left side on left, kick right thru, step to right side on right, kick left thru, step to left side on left, kick right thru, step to right side on right; step forward on left, -, -/recover on ball of right, forward left;

**NOTE:** Figure does not utilize the basic Jive rhythm. It starts in Semi-Closed Position and may be done in Butterfly or Loose Closed Positions. The figure progresses on the point steps. The kick steps are taken in place kicking first thru toward line of dance then between partners toward Reverse Line of Dance and then repeat. The Point Steps are described in Phase IV Jive.

### # Mooch

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

1a,2,3,4; 1,2,3,4;

1,2,3a,4;

none

RK BK, REC, KCK, CL; KCK, CL, RK BK, REC;

FWD TRN/CL, FWD, RK BK, REC; KCK, CL, KCK, CL;

RK BK, REC, FWD TRN/CL, FWD;

Mooch

**MAN:** Rock back left, recover right, flick left forward from knee slightly off floor, close left; flick right forward from knee slightly off floor, close right, rock back left, recover right; turning right face 1/2 side left/close right, side left, rock back right, recover left; flick right forward from knee slightly off floor, close right, flick left forward from knee slightly off floor, close left; rock back right, recover left, turning left face 1/2 side right/close left, side right;

**WOMAN:** Rock back right, recover left, flick right forward from knee slightly off floor, close right; flick left forward from knee slightly off floor, close left, rock back right, recover left; turning left face 1/2 side right/close left, side right, rock back left, recover right; flick left forward from knee slightly off floor, close left, flick right forward from knee slightly off floor, close right; rock back left, recover right, turning right face 1/2 side left/close right, side left;

**NOTE:** Figure does not utilize the basic Jive rhythm. Starts in Semi-Closed Position and may be turned either right or left.



# Whip Throwaway

1,2,3a,4;

whp thrwy

Whip Throwaway

XIB TRN, SD TRN, SD/CL, SD;

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

**MAN:** Cross right in back of left toe turned out commence right face turn, side left continue right face turn releasing hold with right hand, almost in place side right/close left, side right making up to one full turn to end facing partner in Left Open Facing;

**WOMAN:** Forward left toward man's right side turning right face, forward right between man's feet continue right face turn, side and slightly back left/close right, side left to end facing partner in Left Open Facing;

**NOTE:** Starts in Closed Position and ends in Left Open Facing Position.

# Whip Turn

1,2,3a,4;

whp trn

Whip Turn

XIB TRN, SD TRN, SD/CL, SD;

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

**MAN:** Cross right in back of left toe turned out commence turning right face, side left continue right face turn, chasse side right/close left, side right complete up to 1 full right face turn;

**WOMAN:** Forward left toward man's right side commence turning right face, forward right between man's feet continue right face turn, chasse side left/close right, side left complete up to 1 full right face turn;

**NOTE:** Figure is danced in Closed Position throughout. The movement is similar to 2 parallel bodies rotating together around an imaginary pole between them.

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

**MAMBO**

**MB. MAMBO**

**CHARACTERISTICS:** In round dancing, the Mambo rhythm is denoted using 4/4 timing. Using a count of QQS, Mambo figures resemble figures done in Rumba and Cha Cha with Cuban action. Steps are generally taken on the inside edge of the entire foot. The foot is placed in position on the beat, but the weight is not taken on the foot until the end of the beat. The supporting knee is straight while the non-weighted knee is generally bent. This helps keep both legs directly under the body. The steps are usually quite small and not as flowing as other Latins, the hip is not popped, but follows after the foot action. This action results in the hip being opposite the supporting leg, i.e., when the left foot is back the left hip is forward.

<b>Arm Check</b>		
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**# Arm Check**

arm ck

Arm Check

QQS; QQS;

RK APT, REC, SD & FWD, -; FWD, FWD, CL, -;  
(RK APT, REC, FWD, -; SPN, STP, STP, -;)

**MAN:** Rock apart left, recover right, side & forward left toward woman's right side release joined lead hands and take woman's right wrist in man's right hand, -; forward right turn 1/2 left face lead woman to spin right face and drop hands, forward left, close right, -;

**WOMAN:** Rock apart right, recover left, forward right toward man's right side, -; spin right face 1 1/2 left, right, left, -;

**NOTE:** Partners end facing after having changed sides.

**MAMBO**

**ROUNDALAB STANDARD  
Phase V of Round Dancing**

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**MR. MERENGUE**

**CHARACTERISTICS:** In round dancing, the Merengue rhythm is denoted using 4/4 timing. The music and the basic step may be counted 1, 2, 3, 4; although counting to 8 is also popular. Most merengue patterns require 4 beats or a multiple of 4 beats of music. The music tempo ranges from 120 to 160 beats per minute. The basic step can be thought of as side, close with strong Cuban motion, which is an essential defining element of the dance. It results from a combination of rolling the foot from the inside edge of the ball of foot to the flat of foot, delaying the full weight change, and the alternate bending and straightening of the knees. As full weight is taken on the supporting foot that knee straightens and that hip is pushed up and out while at the same time the knee of the free leg bends and that hip drops. The rolling action of the foot ensures the hip arrives after weight is taken over the new standing foot. Forward and back steps should be taken with forward poise and toes turned out. All steps are fairly small.

**NOTE:** In the Merengue context, the term "continuous" is used in the name of 2-measure figures which relate to already-familiar Rumba figures executed in "continuous" fashion, i.e., without the last beat hold, and ending with a 2-beat movement which is often a "side close".

**In box, click figure title to go to definition.**

<b>Open Break to a Man's Wrap and Unwind</b>	<b>Stop &amp; Go</b>	<b>Wrap Around</b>
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**# Open Break to a Man's Wrap and Unwind**

op brk to M's wrp & unwind

Open Break to a Man's Wrap and Unwind

1,2,3,4;

BK, REC, FWD, SD & BK;

1,2,-,-;

BK, HOOK, UNWIND, UNWIND;

(1,2,3,4;

(BK, REC, FWD, FWD;

1,2,3,4;)

FWD, FWD, FWD, SD;)

**MAN:** Rock apart left, recover right raising right hand straight up, forward left bringing right hand down and extending it to the side, side and back right ending in Man's Wrap Position with lead hands joined at man's right hip; back left slightly behind right, ronde right tightly and hook right behind left starting to rotate body right face, unwind right face on ball of right foot and heel of left foot, continue to unwind to end with weight on right foot;

**WOMAN:** Rock apart right extending left hand to the side, recover left, forward right towards man's right side, forward left beginning to circle around man to end behind him; continuing to circle around man forward right, forward left, forward right, side left to face man;

**NOTE:** The figure rotates one full turn and lead hands remain joined throughout.

## Phase V of Round Dancing

<b># Stop and Go</b>	none	Stop and Go
1,2,3,4;	RK APT, REC, FWD, FWD CHK;	
1,2,3,4;	REC, BK, SD, CL;	
	(RK APT, REC, FWD TRN, BK CHK;	
	REC TRN, BK, SD, CL;)	

**MAN:** Rock apart left, recover right, forward left placing right hand on woman's left shoulder blade, forward right checking and looking back at woman; recover left, back right, side left, close right;

**WOMAN:** Rock apart right, recover left, forward right turning  $\frac{1}{2}$  left face to end at man's right side, back left checking; recover right starting to turn right face, back left completing  $\frac{1}{2}$  right face turn, side right, close left;

**NOTE:** Starts and ends in Left Open Facing Position. The man has no turn. The woman has  $\frac{1}{2}$  turn left face then  $\frac{1}{2}$  turn right face.

<b># Wrap Around</b>	wrp arnd	Wrap Around
1,2,3,4;	RK APT, REC, FWD WHL, FWD WHL;	
1,2,3,4;	FWD WHL, FWD WHL, FWD WHL, FWD WHL;	
1,2,3,4;	FWD WHL, FWD WHL, FWD WHL, IN PLC;	
1,2,3,4;	RK APT, REC TRN, IN PLC, IN PLC;	
	(RK APT, REC, FWD WRP, BK;	
	BK WHL, BK WHL, BK WHL, BK WHL;	
	IN PLC TRN, IN PLC TRN, IN PLC TRN, IN PLC TRN;	
	RK APT, REC TRN, IN PLC TRN, IN PLC TRN;)	

**MAN:** With both hands joined rock apart left, recover right raising joined lead hands, forward left wrapping woman to man's right side and starting right face wheel, forward right completing  $\frac{3}{8}$  right face wheel; wheeling right face one full revolution in Wrapped Position forward left, right, left, right and raise joined lead hands keeping joined trail hands low; wheel right face left, right, left completing  $\frac{3}{8}$  right face wheel, in place right bringing lead hands down to Hammerlock Position [right hips adjacent, lead hands joined in front and trail hands joined behind woman's back]; rock apart left, recover right turning  $\frac{1}{4}$  right face and raising lead hands, in place left, in place right to Butterfly Position;

**WOMAN:** With both hands joined rock apart right, recover left, forward right turning left face  $\frac{1}{8}$  under joined lead hands to Wrapped Position, small back left; wheeling right face one full revolution in Wrapped Position back right, left, right, left and commence turning right face under joined lead hands with joined trail hands kept low; continuing to turn right face under joined lead hands in place right, left, right, left completing almost two full turns and bringing lead hands down to Hammerlock Position [right hips adjacent, lead hands joined in front and trail hands joined behind woman's back]; rock apart right, recover left starting left face turn under joined lead hands, continuing left face turn in place right, completing  $\frac{3}{4}$  left face turn in place left to Butterfly Position;

**NOTE:** Figure rotates two full revolutions with all hands remaining joined throughout. If started in Butterfly Wall, the first measure ends in Wrapped Position facing Diagonal Reverse Line and Center, as does the second measure, the third measure ends in Hammerlock Position facing Line of Dance [woman Reverse Line of Dance] and the fourth measure brings partners back to Butterfly Wall. The man's rotation is right face throughout:  $\frac{3}{8}$ , full turn,  $\frac{3}{8}$ ,  $\frac{1}{4}$ . The woman's turns are  $\frac{1}{8}$  left face under lead hands, full right face wheel,  $1+\frac{7}{8}$  right face turn under lead hands,  $\frac{3}{4}$  left face under lead hands.

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

**PASO DOBLE**

**PD. PASO DOBLE**

**CHARACTERISTICS:** In round dancing, the Paso Doble rhythm is denoted using 4/4 timing. Many of the figures have French names and the music is based on the Spanish marching music from the bullring. The marching tempo is evident in some of the footwork. The man is often showing off his cape [the woman], while he marks time. One of the characteristics is the use of an action called the "Appel". Many figures start with an Appel on the right foot for the man.

**In box, click figure title to go to definition.**

<b>Banderillas</b>	<b>Grand Circle</b>	<b>Shadow Attack</b>
<b>Coup de Pique</b>	<b>Left Foot Coup de Pique</b>	<b>Sixteen</b>
<b>Fallaway Reverse</b>	<b>Promenade</b>	

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<b># Banderillas</b> 1,2,3,4; 1,2,3,4; 1,2,3,4;	none SUR PLACE 4; APPEL, SD, CL, IN PLC; FWD, SD, CL, IN PLC; (SUR PLACE 4; APPEL, SUR PLACE 3; BK, SD, CL, IN PLC;)	Banderillas
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**MAN:** In place right, left, right, left; Appel on right, side left wide step, close right, in place left; forward right outside partner, side left small step to Closed Position, close right, in place left;

**WOMAN:** In place left, right, left, right; Appel on left, in place right, left, right; back left outside partner, side right to Closed Position, close left, in place right;

**NOTE:** Starts in left Hip-to-Hip Position with extended Closed Position, man's right elbow slightly raised and his left arm extended to the side and slightly downward. On step 6 man moves sideward to right Hip-to-Hip Position, man's right elbow slightly lowered and his left arm slightly raised. On step 9 man steps outside partner on her right side in extended Closed Position. On step 10 partners assume Closed Position and figure ends in Closed Position. Partners look at each other thru the first 8 steps.

<b># Coup de Pique</b> 1,2,3,4; 1,2&,3,4;	none PT THRU, CL, BHD, CL; BHD, SD/CL, SD, CL;	Coup de Pique
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**MAN:** Point right thru in Semi-Closed Position, close right in Closed Position, behind left in Semi-Closed Position, close right in Closed Position; behind left in Semi-Closed Position, side right in Closed Position/close left, side right, close left;

**WOMAN:** Point left thru in Semi-Closed Position, close left in Closed Position, behind right in Semi-Closed Position, close left in Closed Position; behind right in Semi-Closed Position, side left in Closed Position/close right, side left, close right;

**NOTE:** Starts and ends in Closed Position. The point and each behind step are in Semi-Closed Position. The closes on steps 2 and 4 should be up on both feet.

## PASO DOBLE

## ROUNDALAB STANDARD

### Phase V of Round Dancing

#### # Fallaway Reverse

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

falwy rev

Fallaway Reverse

APPEL, FWD TRN, SD, BK; BK TRN, FWD TRN, SD, CL;  
(APPEL, BK TRN, SD, BK; FWD TRN, BK TRN, SD, CL;)

**MAN:** Appel on right slightly back [slip Appel] turning left face, forward left continue turning left face, side right continue turning left face to Semi-Closed Position, back left; back right turning left face, forward left continue left face turn, side right, close left;

**WOMAN:** Appel on left with slight forward [slip Appel] turning left face, back right continue turning left face, side left continue turning left face to Semi-Closed Position, back right; forward left turning left face, back right continue left face turn, side left, close right;

**NOTE:** Starts in Closed Position, goes to Semi-Closed Position on third step, back to Closed Position on fifth step, ends in Closed Position. Normally starts facing Diagonal Line of Dance and Center of Hall and ends facing Line of Dance. When the figure starts facing center, no turn will be made on slip Appel. There is a 7/8 turn to the left on steps 2 thru 7.

#### # Grand Circle

1,2,3,4;

1,2,3,4;

1,2,

grand circ

Grand Circle

THRU, TWST, CONT TWST, CONT TWST;  
CONT TWST, CONT TWST, CONT TWST, CONT TWST;  
THRU, CL,  
(THRU, FWD, FWD, FWD;  
FWD, FWD, FWD, FWD;  
THRU TRN, CL,)

**MAN:** Thru right, twist left face leaving both feet in place, continue twist, continue twist; continue twist, continue twist, continue twist, continue twist ending with left forward with weight; thru right turning left face, close left,

**WOMAN:** Thru left, forward right, with small forward steps circle around partner left, right; left, right, left, right; thru left turning left face, close right,

**NOTE:** Starts in Semi-Closed Position, ends in Closed Position. A 5/8 turn to the left is made over entire figure, but may turn more than 7/8. Steps 7 and 8 may be omitted giving a count of 1-8 over the complete figure.

#### # Left Foot Coup de Pique

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

L ft coup de pique

Left Foot Coup de Pique

SD, PT THRU, CL, BHD; CL, IN PLC,

**MAN:** Side left, point right thru in Semi-Closed Position, close right in Closed Position, behind left in Semi-Closed Position; close right in Closed Position, in place left,

**WOMAN:** Side right, point left thru in Semi-Closed Position, close left in Closed Position, behind right in Semi-Closed Position; close left in Closed Position, in place right,

**NOTE:** Starts and ends in Closed Position. The point and each behind step are in Semi-Closed Position. The closes on steps 3 and 5 should be up on toes.

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

**PASO DOBLE**

**# Promenade**

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

prom Promenade  
APPEL, SD TO SCP, THRU TRN, SD & BK;  
BK TRN, BK TRN, SD, CL;  
(APPEL, SD TO SCP, THRU TRN, FWD;  
FWD TRN, FWD TRN, SD, CL;)

**MAN:** Appel on right, side left to Semi-Closed Position, thru right turning right face, side and back left to Closed Position; back right with right shoulder lead continue turning right face, back left outside partner continue turn, side right to Closed Position, close left;

**WOMAN:** Appel on left, side right to Semi-Closed Position, thru left turning right face, forward right to Closed Position; forward left with left shoulder lead turning right face, forward right outside partner continue turn, side left to Closed Position, close right;

**NOTE:** Starts in Closed Position, steps 2 and 3 in Semi-Closed Position, step 4 to Closed Position. Step 5 woman is outside partner, ends in Closed Position. Figure turns 1/2 to right from starting Position.

**# Shadow Attack**

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

shdw attack Shadow Attack  
FWD TRN BDY, REC, BK TRN BDY, REC;  
FWD, XIF, CL, DROP;  
(FWD TRN BDY, REC, BK TRN BDY, REC;  
FWD, XIF, TWIST, DROP;)

**MAN:** Forward left turning body left face, recover right, back left turning body right face, recover right; forward left, cross right in front of left, close left rising high on toes, drop flexing knees and lowering heels with weight on left;

**WOMAN:** Forward left turning body left face, recover right, back left turning body right face, recover right; forward left, cross right in front of left, rising high on toes of both feet twist 1/2 left face allowing feet to uncross as you face partner, drop flexing knees and lowering heels with weight on right;

**NOTE:** Starts in Shadow Position with man behind woman and both with left foot free. Ends in Closed Position. On step 1 the right arm goes in front of body and the left arm in back, on step 3 the left arm goes in front and the right arm in back.

**PASO DOBLE**

**ROUNDALAB STANDARD**

**Phase V of Round Dancing**

**# Sixteen**

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

16

Sixteen

APPEL, SD TO SCP, THRU TRN, SD & BK;  
BK, BK TRN, CL, IN PLC;  
SUR PLACE 4;  
SUR PLACE 4;  
(APPEL, SD TO SCP, THRU, FWD;  
FWD, FWD, FWD TRN, REC;  
FWD, FWD TRN, REC, FWD;  
FWD TRN, REC, FWD TRN TO FC, CL;)

**MAN:** Appel right, side left to Semi-Closed Position, thru right turning right face, side and back left to Closed Position; back right with right shoulder lead, continue back left outside partner turning right face, close right in Closed Position, in place left; in place right, left, right, left; in place right, left, right, left;

**WOMAN:** Appel left, side right to Semi-Closed Position, thru left, forward right; forward left, forward right, forward left turning right face, recover right; forward left, forward right turning left face, recover left, forward right; forward left turning right face, recover right, forward left turning left face to face partner, close right to left;

**NOTE:** Starts and ends in Closed Position. Steps 2 and 3 are in Semi-Closed Position, steps 4 and 5 in Closed Position, on step 6 woman is outside partner. On steps 7 thru 14 the woman goes back and forth across in front of man.





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

**QUICKSTEP**

**# Double Reverse Spin**  
SS; QQ

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, bring left foot under body beside right no weight with 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 may 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.

**# Forward Tipple Chasse**  
SQQ; S

fwd tipple chasse              Forward Tipple 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 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. Amount of turn may vary. While there is no sway in the standard Tipple Chasse, some may choose to introduce sway starting between steps 1 and 2 and regaining a neutral position between steps 3 and 4. This could be normal sway to the right or a hover sway to the left. May start forward on left foot and turn left face.

**# Hairpin**  
SQQ;

none                                      Hairpin  
FWD, -, FWD CRV, CRV FWD;  
(BK, -, BK CRV, CRV BK;)

**MAN:** Forward right commence to turn right face heel to toe between woman's feet, -, with left side stretch forward left brushing thighs turning right face, continue right face turn swiveling right face with strong left side stretch banking into the turn forward right outside partner in tight CBMP on toes;

**WOMAN:** Back and slightly side on left commence to turn right face, -, with right side stretch back right well under the body turning right, continue right face turn swiveling right face with strong right side stretch back left in tight CBMP on toes;

**NOTE:** A curving figure to the right following the curve of a hairpin. Usually starts in Closed Position.



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

**QUICKSTEP**

**# Outside Spin**  
SS; S

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

**MAN:** In Banjo Position commence right face body turn toeing in with right side lead back left 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 turn on step 3, -,

**WOMAN:** Commence right face body turn with left side lead staying well into the man's right arm right foot forward heel to 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 first step.

**# Quick Open Reverse**  
SS;QQ

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

**MAN:** Forward right in Banjo, -, forward left commence to turn left face heel lead, -; 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 Banjo, -, 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. Figure usually turns 3/8 to 1/2 left face. May start in Closed Position or 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**  
SQQ; S

rev falwy & slp                      Reverse Fallaway Slip  
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 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 QQQQ; or SS;SS.

## QUICKSTEP

## ROUNDALAB STANDARD

### Phase V of Round Dancing

- # Reverse Fallaway from SCP**      rev falwy      Reverse Fallaway  
SQQ;      THRU TRN, -, FWD TRN, REC;  
(THRU TRN, -, BK TRN, REC;)
- MAN:** From Semi-Closed Position thru right with slight body turn to left, -, forward left turning left face, recover on right;  
**WOMAN:** From Semi-Closed Position thru left with slight body turn to left, -, back right turning left face, recover on left,  
**NOTE:** When starting in Semi-Closed Position, turn is usually 3/8 left face. Ends in a tight "V" Semi-Closed Position.
- # Running Finish**      running fin      Running Finish  
SQQ;      BK TRN, -, SD & FWD TRN, FWD;  
(FWD TRN, -, SD TRN, BK;)
- MAN:** With right side lead back left in CBMP leading woman outside partner commence to turn right face, -, with right side stretch side and slightly forward right [3/8 right face turn between steps 1 and 2 body turns less], with right side stretch forward left with left side leading in CBMP body turning right face;  
**WOMAN:** With left side lead forward right in CBMP outside partner commence to turn right face, -, with left side stretch side left [1/4 right face turn between steps 1 and 2], with left side stretch back right with right shoulder leading in CBMP [1/8 right face turn between steps 2 and 3];
- # Scoop**      none      Scoop  
SS;      SLD, -, CL, -;
- MAN:** Starting and ending in Closed Position slide left with left side stretch [long side step], -, with left side stretch close right [1/8 left face turn between steps 1 and 2], -;  
**WOMAN:** Starting and ending in Closed Position slide right with right side stretch [long side step], -, with right side stretch close left [1/8 left face turn between steps 1 and 2], -;
- # Six Quick Twinkle**      6 qk twkl      Six Quick Twinkle  
QQQQ; QQ      SD & FWD, CL, XIB TRN, TRN CL; FWD, LKIB,  
(SD & BK, CL, XIF TRN, TRN CL; BK, LKIF,)
- MAN:** Side and forward left with left side stretch, turn left face to Banjo close right, back left in Banjo losing left side stretch commence right face turn, with right side stretch continue to turn right face close right; with left side lead forward left in Banjo, lock right in back of left,  
**WOMAN:** Side and back right with right side stretch, turn left face to Banjo close left, forward right in Banjo losing right side stretch commence right face turn, with left side stretch continue to turn right face close left; with right side lead back right in Banjo, lock left in front of right,  
**NOTE:** Figure starts in Closed or Banjo and ends in Banjo. When danced from Banjo, there is no turn between step 1 and 2.



## QUICKSTEP

## ROUNDALAB STANDARD

### Phase V of Round Dancing

#### # 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 turn left face 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 turn left face between steps 2 and 3, with right side stretch back left in Banjo [1/8 turn left face 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 Quickstep or Foxtrot.

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

#### # Turning Lock

QQS; S

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 making 1/4 left face turn between steps 3 and 4 as 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 commencing to turn left face, -; side and slightly back right to Banjo making 1/4 left face turn between steps 3 and 4 as body turns less, -;

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

#### # Woodpeckers

&Q

none

[#] Woodpeckers

/HOP, TAP,

**MAN OR WOMAN:** *Beginning during the latter portion of the last beat of the previous action or movement or figure*/hop or lift on one foot, tap the toe of other foot on floor in back of supporting foot shaping toward the weighted foot,

**NOTE:** Each Woodpecker Tap would be counted as &Q. May also turn on the spot while doing Woodpeckers [Turning Woodpeckers]. May be done with either foot.

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



**QUICKSTEP**

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

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

**RUMBA**

**RB. RUMBA**

**CHARACTERISTICS:** In round dancing, the Rumba rhythm is denoted using 4/4 timing. Using count of QQS; each step should be taken with pressure on the ball of the foot with knee flexed. As weight is taken onto the ball of the foot, the heel is lowered, the knee straightens and heel of the opposite foot releases as the hips move to the side [always in the direction of the stepping foot]. Most all of the Latin figures and rhythms are danced ball flat [no heel leads] with toes slightly turned out. Step 1 is taken slightly across in line with the supporting foot. Step 3 is usually taken side and forward or side and back.

**In box, click figure title to go to definition.**

<b>Alternating Cross Body</b>	<b>Full Natural Top</b>	<b>Stop and Go Hockey Stick</b>
<b>Closed Hip Twist</b>	<b>Natural Opening Out</b>	<b>Sweetheart</b>
<b>Cross Basic</b>	<b>Open Hip Twist</b>	<b>Tornillo Wheel</b>
<b>Cuddle</b>	<b>Sit Line</b>	

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<b># Alternating Cross Body</b>	alt X bdy	Alternating Cross Body
QQS;	BK, REC TRN, SD TRN, -;	
QQS;	FWD, FWD TRN, SD & BK, -;	
	(FWD, FWD TRN, SD & BK, -;	
	BK, REC TRN, SD TRN, -;)	

**MAN:** Back right lead woman across in front of man, recover left commence 1/4 left face turn, side and forward right complete 1/4 left face turn to face Line of Progression, - [think Cross Body action for this move]; Forward left, forward right commence 1/2 left face turn on ball of right, side and back left complete turn to face WALL, - [think Cross Body action for this move];

**WOMAN:** Forward left, forward right commence 1/2 left face turn on ball of right, side and back left complete turn to face WALL, -; Back right lead man across in front of woman, recover left commence 1/4 left face turn, side and forward right complete 1/4 left face turn to face Line of Progression, -;

**NOTE:** Figure maintains a handshake hold throughout. Usually starts in an L-shaped position with the man facing WALL and the woman facing Line of Dance, but can start with both facing Line of Dance in a slight "V" alignment or facing in handshake. Finishes in L-shape position. Right hands are joined in front of woman. This figure is usually repeated in even numbered measures, i.e., 2, 4. The amount of turn through the movement will vary depending on the start position, the person doing the Cross Body action will make a 3/4 left face turn over the measure while the other is making 1/4 left face turn. If it were to start facing, then the woman would have 1/2 left face turn to start and the man would have 1/4 left face turn, but then the man would make 3/4 left face turn and the woman would make 1/4 left face turn. Previously called Parallel Breaks.

**# Closed Hip Twist**

QQS;

cl hip twst

Closed Hip Twist

CK SD &amp; FWD, REC, CL, -;

(SWVL BK, REC SWVL, FWD SWVL, -;)

**MAN:** With slight right face body turn and right side stretch giving woman a slight left side lead to open her out check side and forward left, recover right with slight right side lead to lead woman forward, close left with slight left side lead to turn woman ending with slight right side stretch, -;

**WOMAN:** With slight left side stretch swivel right face up to 1/2 back right, recover left swiveling left face up to 5/8, small forward toward man's right side swivel 1/4 right face on right touching left to right with slight left side stretch, -;

**NOTE:** Begins in Closed Position, ends with woman in front of man with her hips turning 1/4 right face. On woman's last step the lower part of the body is turned more than the shoulders, creating a strong twist of the hip to the right. The hip twist action can take place any time after the woman has completed the third step, but usually occurs on the second half of the fourth beat.

**# Cross Basic**

QQS; QQS;

X bas

Cross Basic

XIF TRN, REC, SD, -; XIB TRN, REC, SD, -;

(XIB TRN, REC, SD, -; XIF TRN, REC, SD, -;)

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

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

**NOTE:** Closed position or butterfly position throughout. Should strongly flex knees on the crossing steps. May be done facing any direction.

**# Cuddle**

QQS;

none

Cuddle

SD, REC, CL, -;

(TRN BK, REC TRN, SD, -;)

**MAN:** From Closed Position side left with inside edge pressure lowering the lead hands and releasing the tension in the right arm as well as turning the upper body right face to lead the woman's opening, recover right with tension in right arm to lead the woman's return to face and straightening body, close left to Cuddle Position, -;

**WOMAN:** From Closed Position swiveling up to 1/2 right face on left foot and with right side stretch step side right to approximately Half Open, recover left with left side stretch starting left face turn, forward and side right placing right hand on man's left shoulder, -;

**NOTE:** Figure can start and end either in Closed or Cuddle Position. On the first step the free arms are usually extended sideways. This figure can start with either foot [above description begins with lead foot free] and can be done any number of times. The amount of the woman's opening out is dependent on the man's arm extension.

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

**RUMBA**

- # Full Natural Top**                      full nat top                      Full Natural Top  
QQS;                                      XIB TRN, SD TRN, XIB TRN, -;  
QQS; QQS;                              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 TRN, SD, -;)
- MAN:** Cross right in back of left commence right face 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 commence right face 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 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 remain parallel throughout. Any fewer steps may be considered a portion of the Natural Top. Usually danced in Closed Position throughout making up to 2 full right face rotations.
- # Natural Opening Out**                      nat opg out                      Natural Opening Out  
QQS;                                      SD, REC, CL, -;  
                                                  (SWVL STP BK, REC SWVL, SD, -;)
- MAN:** Giving woman a slight left side lead with right side stretch to open her out side left inside edge onto ball of foot with pressure into floor, recover right with slight right side lead to lead woman to Closed Position, close left to right, -;
- WOMAN:** With slight left side stretch 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, -;
- NOTE:** Starts and ends in Closed Position.
- # Open Hip Twist**                              op hip twst                              Open Hip Twist  
QQS;                                      FWD, REC, CL, -;  
                                                  (BK, REC, FWD SWVL, -;)
- MAN:** Check forward left, recover right, close left to right, -;
- WOMAN:** Back right, recover left, forward right toward man with tension in right arm which causes woman to swivel 1/4 right face on right on count of "and", -;
- NOTE:** Man may use either hand, woman uses right hand. Swivel must happen after woman steps forward on right.
- # Sit Line**                                      none                                      Sit Line  
QQS;                                      BK, REC, CL, -;
- MAN:** Small step back left relax knee leave right leg extended free arm up and slightly forward body poise, recover right, close left, -;
- WOMAN:** Small step back right relax knee leave left leg extended free arm up and slightly forward body poise, recover left, close right, -;
- NOTE:** The feet of both partners will be in a straight line, legs will be crossed at the thighs.

## Phase V of Round Dancing

**# Stop and Go Hockey Stick** stop & go hky stk Stop & Go Hockey Stick  
 QQS; QQS; CK FWD, REC, CL, -; CK FWD, REC, SD, -;  
 (CL, FWD, FWD TRN, -; CK BK, REC, FWD TRN, -;)

**MAN:** Check forward left, recover right raising left arm to lead woman to a left face underarm turn, close left to right, -; check forward right with 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 a right face underarm turn, close right, -;

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

**# Sweetheart** swhrt Sweetheart  
 QQS; CK FWD, REC, SD, -;  
 (CK BK, REC, SD, -;)

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

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

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

**# Tornillo Wheel** tornillo whl Tornillo Wheel  
 QQS; CRV FWD, FWD, FWD, -;  
 QQS; CRV FWD, FWD, FWD, -;  
 (ROTATE ON STANDING FT, -, -, -;  
 CONT ROTATE ON STANDING FT -, -, -;-)

**MAN:** Forward right, left, right, -; forward left, right, left, -;

**WOMAN:** Bring left foot up to right knee looking well to left and staying on right toe throughout the 2 measures keeping right knee relaxed while man walks around, -, -, -; -, -, -;

**NOTE:** Man should remain parallel to woman and walk around as if walking around a pole; he does not move away from or into the woman. Makes 1 full turn to the right.



## SAMBA

## ROUNDALAB STANDARD

### Phase V of Round Dancing

#### # Contra Bota Fogo

1a,2,3a,4;

none

Contra Bota Fogo

FWD/SD & FWD TRN, REC SCAR, FWD/SD & FWD TRN,  
REC BJO;

**MAN OR WOMAN:** Forward right outside partner/side and forward left on inside edge of toe turning 1/4 right face, move right slightly toward left to Sidecar Position, forward left outside partner/side and forward right on inside edge of toe turning 1/4 left face, move left slightly toward right to Banjo Position;

**NOTE:** May be danced with Closed Position hold or in Butterfly Position.

#### # Corta Jaca

1,2&,3&,4&;

none

Corta Jaca

FWD, HEEL/STP, TOE/STP, HEEL/STP;  
(BK, TOE/STP, HEEL/STP, TOE/STP;)

**MAN:** Forward right heel flat, forward and side left on heel/slide right sideward to left with flat foot, back and side left on toe/slide right sideward to left with flat foot, forward and side left on heel/slide right sideward to left with flat foot;

**WOMAN:** Back left, back and side right on toe/slide left sideward to right with flat foot, forward and side right on heel/slide left sideward to right with flat foot, back and side right on toe/slide left sideward to right with flat foot;

**NOTE:** Closed Position throughout, no bounce. The figure may be repeated by man doing woman's footwork and woman doing man's.

#### # Natural Roll

1,2&,3,4&;

nat roll

Natural Roll

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

**MAN:** Forward right leaning back and turning right face, side left leaning right and turning right face/close right, back left leaning forward and turning right face, side right leaning left and turning right face/close left;

**WOMAN:** Back left leaning forward and turning right face, side right leaning left and turning right face/close left, forward right leaning back and turning right face, side left leaning right and turning right face/close right;

**NOTE:** Closed Position throughout. Lean is slight with a rolling action. Makes up to a full turn to the right. There is no bounce.

#### # Plait

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

none

Plait

BK, BK, BK/BK, BK; BK, BK, BK/BK, BK;  
(SWVL FWD, SWVL FWD, SWVL FWD/SWVL FWD,  
SWVL FWD;  
SWVL FWD, SWVL FWD, SWVL FWD/SWVL FWD,  
SWVL FWD;)

**MAN:** Back right, back left, back right/back left, back right; back left, back right, back left/back right, back left;

**WOMAN:** Swiveling on right 1/8 left face forward left, swiveling on left 1/4 right face forward right, swiveling on right 1/4 left face forward left/swiveling on left 1/4 right face forward right, swiveling on right 1/4 left face forward left; swiveling on left 1/4 right face forward right, swiveling on right 1/4 left face forward left, swiveling on left 1/4 right face forward right/swiveling on right 1/4 left face forward left, swiveling on left 1/4 right face forward right;

**NOTE:** Closed Position throughout. There is no bounce. Man's footwork is ball flat, woman's is ball of foot only. Woman's moving foot should pass the supporting swiveling foot on each step. May start on either foot.



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## SLOW TWO STEP

## ROUNDALAB STANDARD

### Phase V of Round Dancing

#### # Traveling Right Turn

SQQ;

trav R trn

Traveling Right Turn

SD & BK XIF OF W, -, HOOK, UNWIND;  
(FWD, -, FWD, FWD;)

**MAN:** Side and back left turning right face 1/4 crossing in front of woman, -, hook right behind left, unwind right face 5/8 on both feet and shift weight to left;

**WOMAN:** Forward right between man's feet, -, forward left preparing to step outside partner, forward right outside partner to BJO;

**NOTE:** The last step for the woman may, or may not, have a checking action, depending on the following figure.

#### Traveling Right Turn with Outside Roll

SQQ;

SQQ;

trav R trn w/outsd roll

Traveling Right Turn  
with Outside Roll

SD & BK XIF OF W, -, HOOK, UNWIND;  
FWD TRN, -, SD, XIF;  
(FWD, -, FWD, FWD;  
BK & SD TRN, -, SD & FWD TRN, BK & SD TRN;)

**MAN:** Turning right face 1/4 cross in front of woman side and back left, -, hook right behind left, unwind right face 5/8 on both feet and shift weight to left; forward right turning slightly right face raising joined lead hands to lead woman to turn right face, -, side left, cross right in front;

**WOMAN:** Forward right between man's feet, -, forward left preparing to step outside partner, forward right outside partner to Banjo; back and side left commence right face turn under joined lead hands, -, continue right face turn under joined lead hands side and forward right, back and side left complete right face turn to face partner;

#### # Triple Traveler

SQQ; SQQ;

SQQ;

trpl traveler

Triple Traveler

FWD, -, FWD, FWD; FWD SPRL, -, FWD, FWD;  
FWD, -, SD, XIF;  
(BK TRN, -, SD TRN, FWD TRN; FWD, -, FWD, FWD;  
FWD TRN, -, SD TRN, SD TRN TO FC;)

**MAN:** Forward left commence left face upper body turn to lead the woman to man's left side raising lead hands to start woman into left turn, -, forward right, forward left; forward right spiral left face under joined hands, -, forward left, forward right; forward left bring joined hands down and back in a continuous circular motion to lead woman into a right face turn, -, forward and side right to face partner, cross left in front of right;

**WOMAN:** Back right turn 1/4 left, -, continue turn side and forward left turning 1/2 under joined lead hands, side and forward right continue turn to face Line of Dance and/or Progression; forward left, -, right, left; forward right commence right face turn, -, side left continue right face turn under lead hands, forward right to face partner;

**NOTE:** Usually starts with man facing Line of Progression unless otherwise noted.

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

**TANGO**

**TG. TANGO**

**CHARACTERISTICS:** In round dancing, the Tango rhythm is denoted using 4/4 timing. Figures are sometimes written in 1 1/2 measures using 3 patterns of timing: [SS]; [QQS]; [QQQQ]. All forward steps are heel leads, side steps are inside edge of foot and closing steps are flat whole foot. Foot placement in Closed Position is slightly different than other rhythms. The right foot is placed a few inches back so that the right toe is level with the left instep; this will help to hold the knees in a slightly flexed but very firm position. Each foot is picked up and placed deliberately. The hold is very compact with the woman further into the man's right side. In Tango, there is somewhat of a wider base because the weight is between the feet. Bodies are not allowed to go outside of the feet; therefore, there is no flight and no swing, but there is turn. Without flight and swing, there is no sway, rise or fall. A wider base, compact hold, action of the legs and feet all contribute in achieving a different quality and character for dancing Tango.

**In box, click figure title to go to definition.**

<b>Back Open Promenade</b>	<b>Five Step</b>	<b>Promenade Quarter Beats</b>
<b>Back Twinkle</b>	<b>Four Step</b>	<b>Promenade Tap</b>
<b>Brush Tap</b>	<b>Jete Point</b>	<b>Quarter Beats</b>
<b>Contra Check</b>	<b>Open Promenade</b>	<b>Reverse Fallaway and Slip</b>
<b>Contra Check and Slip</b>	<b>Outside Swivel and Tap</b>	<b>Right Lunge Roll and Slip</b>
<b>Contra Check and Switch</b>	<b>Outside Swivel Link</b>	<b>Stalking Walks</b>
<b>Drop Oversway [from CP]</b>	<b>Progressive Side Step</b>	<b>Turning Five Step</b>

**From other pages, click any definition title to return to this page.**

**# Back Open Promenade**  
SQQ; S

bk op prom                      Back Open Promenade  
SD & FWD, -, THRU TRN, SD & BK; CK BK, -,  
(SD & FWD, -, THRU, SD & FWD; CK FWD, -)

**MAN:** Side and forward left, -, thru right commence turning 1/4 right face, continue right face turn side and back left to Closed Position; check back right with slight left face body turn, -,

**WOMAN:** Side and forward right, -, thru left, side and forward right to Closed Position; check forward left with slight left face body turn, -,

**NOTE:** Starts in Semi-Closed Position, goes to Closed Position on step 3, step 4 is in Closed Position like Back Contra Check. This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

**# Back Twinkle**

bk twkl                              Back Twinkle  
QQS;  
BK, CL, TAP, -;

**MAN:** Back left, close right to left at instep of left foot, tap left side and forward, -;

**WOMAN:** Back right, close left to right at instep of right foot, tap right side and forward, -;

**NOTE:** Semi-Closed Position throughout. Timing may be S&S; This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

## TANGO

## ROUNDALAB STANDARD

### Phase V of Round Dancing

#### # Brush Tap

QQ&S;

none

Brush Tap

FWD TRN, SD & BK/BRUSH, TAP, -;  
(BK TRN, SD & FWD/BRUSH, TAP, -;)

**MAN:** Forward left turning left face, small side and back right/brush left to right, tap left to side, -;

**WOMAN:** Back right turning left face, small side and forward left/brush right to left, tap right to side, -;

**NOTE:** Figure is danced in Closed Position throughout with normally a 1/8 left face turn. Knee of tapping foot should turn inwards. This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

#### # Contra Check

S

contra ck

Contra Check

FWD, -,  
(BK, -)

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

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

**NOTE:** Flexing of knees as upper body rotates to the left 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. This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

#### # Contra Check and Slip

SQQ;

contra ck & slp

Contra Check & Slip

CK FWD, -, REC, SLP BK;  
(BK, -, REC, SLP FWD;)

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

**NOTE:** This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

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

**TANGO**

**# Contra Check and Switch**                      contra ck & swch                      Contra Check & Switch  
SQQ;  
CK FWD, -, REC, TRN & REC;  
(BK, -, REC, TRN & REC;)

**MAN:** Commence upper body turn to the left flexing knees with strong right side lead check forward left in CBMP, -, recover right commence strong right face turn leaving left foot almost in place, continue strong right face turn recover left soft knees throughout with up to 5/8 right face turn;

**WOMAN:** Commence upper body turn to the left flexing knees with strong left side lead back right in CBMP looking well to the left, -, recover left commence right face turn leaving right foot almost in place, continue right face turn recover right between man's feet with soft knees throughout with up to 5/8 right face turn;

**NOTE:** This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

**# Drop Oversway [from Closed Position]**

QQS; S                                              drop ovrsway                                              Drop Oversway  
FWD TRN, SD TRN, SD & FWD, -; CHG SWAY, -,  
(BK TRN, HEEL TRN, FWD, -; CHG SWAY, -)

**MAN:** Forward left turning left face, side right continue turn, side and forward left stretching body upward, -; sharply flex left knee and sway to the right allowing right foot to slide into a point to the side while looking at partner and keeping body and knees facing partner, -,

**WOMAN:** Back right turning left face, close left to right continue heel turn, side and forward right stretching body upward, -; sharply flex right knee and sway to the left allowing left foot to slide into a point to the side while looking well to the left keeping body and knees facing partner, -,

**NOTE:** Starts in Closed Position, step 3 goes to Semi-Closed Position, ends in Closed Position. Approximately 3/4 turn to the left on first two steps. Slight forward poise on third step looking out well past the joined lead hands with knee relaxed not bent. The third step should be flat, with no rise to toe. This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

**# Five Step**                                              5 stp                                              Five Step  
QQQQ; S                                              FWD, SD & BK, BK, SD & BK; TRN TAP [SCP NO WGT], -,  
(BK, SD & FWD, FWD, FWD; TRN SWVL TAP, -)

**MAN:** Forward left, side and back right, back left in Banjo, small side and back right to Closed Position; body turning right face to Semi-Closed Position with no weight change and tap left forward, -,

**WOMAN:** Back right, side and forward left, forward right outside partner, small forward left to Closed Position; body turning right face to complete 1/4 right face turn to Semi-Closed Position with no weight change and tap right forward, -,

**NOTE:** Usually starts in Closed Position Diagonal Line and Wall, Banjo on step 3, Closed Position on step 4, ends in Semi-Closed Position Line of Dance. Only 4 weight changes, the fifth count is body action only turning 1/8 to Semi-Closed Position. This figure makes zero turn for the man through the feet and 1/4 right face turn for the woman. Timings may vary. This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

## TANGO

## ROUNDALAB STANDARD

### Phase V of Round Dancing

#### # Four Step

QQQQ;

4 stp

FWD, SD & BK, BK, CL;

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

Four Step

**MAN:** Forward left, side and back right to Banjo, back left in Banjo, close right in Semi-Closed Position;

**WOMAN:** Back right, side and forward left to Banjo, forward right outside partner in Banjo, turning sharply 1/4 right face close left in Semi-Closed Position;

**NOTE:** Normally starts in CP DLW, ends in Semi-Closed Position. The Man normally has no turn at all but could turn 1/8 to 1/4 between steps 1 & 2. The turn for the Lady is between the third and fourth beat. If commenced from CP DRW, the figure usually turns 1/4 LF to end SCP LOD, and when commenced from CP DLC, the figure can turn up to 3/4 LF to end SCP DLW. When turned, this could also be referred to as "Turning Four Step." This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

#### # Jete Point

&S

jete pt

/FWD, XTND, -,

(/FWD TRN, XTND, -)

Jete Point

**MAN:** *Beginning during the latter portion of the last beat of the previous action or movement or figure/forward onto ball of foot lowering to flat of foot with spring 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 of foot lowering to flat of foot with spring action, extend other foot to side with inside edge of foot in contact with floor swaying and head looking in direction of extended foot [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:** Timing may vary. Sway may vary depending on the following figure. Supporting knee flexes sharply.

**Note on timing:** The first "&" count occurs on the end of the last beat of the previous action, movement, or figure. This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

#### # Open Promenade

SQQ; S

op prom

SD & FWD, -, THRU, SD & FWD; FWD, -,

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

Open Promenade

**MAN:** Side and forward left, -, thru right, side and forward left; forward right outside partner, -,

**WOMAN:** Side and forward right, -, thru left, turning left face side and back right in Closed Position; back left in Banjo, -,

**NOTE:** Starts in Semi-Closed Position. Man has no turn. Woman turns 1/4 left face to Closed Position between steps 2 and 3 then back left to Banjo Position. Usually starts in Semi-Closed Position Line of Dance and ends in Banjo Position Line of Dance and Wall. This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.



## TANGO

## ROUNDALAB STANDARD

### Phase V of Round Dancing

#### # Quarter Beats

qtr bts

Quarter Beats

Q&Q&S;

BK/SD, SD/CL, TAP, -;

**MAN:** Small step back left/small step side and back right, replace weight to left side and forward/close right, tap left side and forward, -;

**WOMAN:** Small step back right/small step side and back left, replace weight to right side and forward/close left, tap right side and forward, -;

**NOTE:** Semi-Closed Position throughout. Steps are kept very small with no rise. This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

#### # Reverse Fallaway and Slip

rev falwy & slp

Reverse Fallaway Slip

SQQ;S

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 left face turn slip left past right in Banjo pivoting to Closed Position flexing left knee, -,

**NOTE:** Figure 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. Timings may also be QQQQ; or SS;SS. This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

#### # Right Lunge Roll and Slip

R lun roll & slp

Right Lunge Roll & Slip

SQQ; or SS&;

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 the left staying well in the man's right arm. Starts and ends in Closed Position. The slip can turn a quarter or more left. This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

#### # Stalking Walks

stalking wlks

Stalking Walks

SS;

SD & FWD, -, PT, -;

Alternating side and forward steps and forward points in Shadow Position [man and woman same footwork] or in Semi-Closed Position [man and woman opposite footwork]. All S or S&.

**NOTE:** This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

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

**TANGO**

**Turning Five Step**  
QQQQ; S

trng 5 stp                      Turning Five Step  
FWD TRN, SD & BK, BK, SD & BK; TRN TAP [SCP NO  
WGT], -,  
(BK TRN, SD & FWD, FWD, FWD; TRN SWVL TAP, -)

**MAN:** Forward left turn left face, side and back right completing 1/4 left face turn, back left in Banjo, small side and back right to Closed Position; body turning right face to Semi-Closed Position with no weight change and tap left forward, -,

**WOMAN:** Back right turn left face, side and forward left completing 1/4 left face turn, forward right outside partner, small forward left to Closed Position; body turning right face to complete 1/4 right face turn to Semi-Closed Position with no weight change and tap right forward, -,

**NOTE:** Usually starts in Closed Position Diagonal Reverse Line and Wall turning 1/4 left face between first and second step, Banjo on step 3, Closed Position on step 4, ends in Semi-Closed Position Line of Dance. Only 4 weight changes, the fifth count is body action only turning 1/8 to a Semi-Closed Position. This figure typically turns 1/4 left face but may turn more. This figure maintains the characteristics of International Tango but may be danced in other forms of Tango.

**TANGO**

**ROUNDALAB STANDARD  
Phase V of Round Dancing**

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

**WALTZ**

**# Lilt Pivot**  
1,2

lilt pvt                      Lilt Pivot  
FWD TRN, FWD PVT,  
(FWD TRN, BK PVT,)

**MAN:** From Semi-Closed Position forward right with rise from heel to ball and right side stretch with body turning left face causing the lady to swivel 3/8, forward left lowering and pivoting up to 3/8 left face,

**WOMAN:** From Semi-Closed Position forward left with rise from heel to toe pivoting 3/8 left face to Closed Position keeping head open to right, back right lowering and pivoting up to 3/8 left face,

**NOTE:** The amount of turn for the man on step two may be as little as no turn (which would cause a checking motion without lowering) and as much as 3/8. Timing is for a standard figure but could be used over a full measure with the timing of 1,-,3. The figure could also be preceded, such as an Outside Swivel action in the same measure. The Outside Swivel then would start the measure on 1. The Lilt Pivot would cover beats 2 and 3. As an option, the man may change his right side stretch to a left side at the end of the movement closing the lady's head.

**# Mini Telespin**  
1,2,3&; 1,2,3;

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 woman to Closed Position commence spin left face; forward left continue 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 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.

## WALTZ

## ROUNDALAB STANDARD

### Phase V of Round Dancing

#### # Natural Hover Cross

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

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. As an option, from Banjo Position the woman's second step may 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. Timing options may vary depending on the music phrasing. CBMP occurs on steps 4 & 7.

#### # Natural Telemark

1,2,3;

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 in 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 Position.

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

**WALTZ**

**# Natural Weave**

1,2,3;  
1,2,3;

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

**MAN:** Forward right commence to turn right face, side left with left side stretch [a little 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 [1/4 left face turn between steps 5 and 6 body turns less] in Banjo;

**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 in CBMP 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 [1/4 turn between steps 5 and 6] in Banjo;

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

**# Outside Spin**

1,2,3;

outsd spn                      Outside Spin  
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 to right 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 in the man's right arm right foot forward in CBMP outside partner heel toe, left foot closes to right foot 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:** Amount of turn may vary.

**# Quick Lock Slow Lock**

1&,2,3;

qk lk slo lk                      Quick Lock Slow Lock  
BK/LK, BK, LK;  
(FWD/LK, FWD, LK;)

**MAN:** With right side lead and right side stretch back right/lock left in front, back right, lock left in front;

**WOMAN:** With left side lead and left side stretch forward left/lock right in back, forward left, lock right in back;

**NOTE:** Uses CBMP throughout.

## WALTZ

## ROUNDALAB STANDARD

### Phase V of Round Dancing

#### # Quick Open Reverse

1,2&,3;

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

**MAN:** Forward right in CBMP, 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 in Banjo;

**NOTE:** Starts in Banjo Position and blends thru Closed Position to end in Banjo. Figure usually turns 3/8 to 1/2 left face. 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

1,2&,3;

rev falwy & slp                  Reverse Fallaway Slip  
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 back in Semi-Closed Position 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 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 1&,2,3; or 1,2,3&;

#### # Reverse Impetus

1,2,3;

rev imp                              Reverse Impetus  
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 up 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.



## WALTZ

## ROUNDALAB STANDARD

### Phase V of Round Dancing

#### # Royal Spin

1,2,3;

royal spn                      Royal Spin

BK TRN, FWD TRN, FWD;

(FWD, SM RONDE & UP CONT TRN, LOWER FT;)

**MAN:** In Banjo Position commence right face body turn toeing in with right side lead back left small step in CBMP [3/8 turn right face on step 1], forward right outside partner CBMP heel to toe continue to turn right face, left foot passes under body with left side lead forward left to Banjo [5/8 right face turn between steps 2 and 3];

**WOMAN:** Commence right face body turn with a left side lead staying well into man's right arm forward right in CBMP heel to toe outside partner, continue to turn right face as left foot curls in small ronde clockwise raising left knee to bring left foot to right knee toes pointed down [5/8 right face turn on ball of right foot between steps 1 and 2], continue to turn right face touch left to right [3/8 right face turn on ball of right foot between steps 2 and 3] ending in Banjo;

**NOTE:** Amount of turn may vary.

#### # Running Open Natural

1,2&,3;

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 [1/8 right face turn between steps 2 and 3], with slight right side stretch back left in CBMP;

**WOMAN:** Thru left commence upper body turn right face 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 outside partner in CBMP;

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

#### # Swivel Whisk

1,2,3;

swvl wsk                              Swivel Whisk

BK TRN, CONT TRN, CONT TRN;

(FWD TRN, SD, XIB;)

**MAN:** Back left with right side lead commence to turn right allow right foot to move slightly leftwards across the front of the left foot without weight, continue body turn to right with right side stretch leading woman outside partner, swivel slightly to right continue upper body turn to right with right side stretch in tight Semi-Closed Position right foot remains forward near left foot no weight;

**WOMAN:** Forward right with left side lead commence to turn right, side left staying well into man's right arm 3/8 turn between 1 and 2, swivel slightly to the right with left side stretch right foot passes under the body past the left foot crossing right in back of left in tight Semi-Closed Position 1/8 turn between 2 and 3;

**NOTE:** Usually starts in Banjo and ends in Semi-Closed Position. Knees are kept relaxed throughout. Man has 1 weight change throughout the figure and woman has 3 weight changes.



**WALTZ**

**ROUNDALAB STANDARD  
Phase V of Round Dancing**

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**WC. WEST COAST SWING**

**CHARACTERISTICS:** West Coast Swing has three basic families of figures: Passing figures [with a timing of 1,2,3&4; 1&,2,], Sugar figures [with a timing of 1,2,-,4; 1&,2,], and Whip figures [with a timing of 1,2,3&4; 1,2,3&,4;]. An optional timing is to use an “a” in place of the “&” [as in 1,2,3a,4; 1a,2,]. West Coast is danced in a slot. The slot is an imaginary rectangle on the floor. Partner travels up and down the slot from one point to another by passing through the center. Leader steps to the side of the slot to allow partner to pass and then returns to the center. Most figures end with an anchor step, although a coaster step is optional.

**In box, click figure title to go to definition.**

<b>Alternating Underarm Turn</b>	<b>Half Whip</b>	<b>Sugar Bump</b>	<b>Surprise Whip</b>
<b>Cheek to Cheek</b>	<b>Hook Turn</b>	<b>Sugar Toe Heel Crosses</b>	<b>Triple Travel with Roll</b>
<b>Faceloop</b>	<b>Side Whip</b>	<b>Sugar Wrap Knee Lift Unwrap</b>	<b>Whip Turn</b>

**From other pages, click any definition title to return to this page.**

**# Alternating Underarm Turn**      alt undrm trn      Alternating Underarm Turn  
 1,2,3&,4;  
 1&,2,  
 BK, XIF TRN, SD TRN/CL, FWD SPN;  
 BK/REC, BK,  
 (FWD, FWD TRN, SD/XIF TRN, BK;  
 BK/REC, BK,)

**MAN:** Back left, slight cross right in front of left moving toward the woman’s right side raising joined lead hands commence right face turn, side left complete 1/4 right face turn/close right, forward left spin 3/4 left face under joined lead hands to face partner; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

**WOMAN:** Forward right, forward left turn 1/4 left face under lead hands, side right/cross left in front of right turn 1/4 left face, back right; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

**# Cheek to Cheek**      none      Cheek to Cheek  
 1,2,3,4;  
 1&,2,  
 BK, REC FWD TRN, LIFT & TRN, FWD TRN;  
 BK/REC, BK,  
 (FWD, FWD TRN, LIFT & TRN, FWD TRN;  
 BK/REC, BK,)

**MAN:** Back left, recover forward right commence right face turn, lift left knee up continue right face turn up to 1/2 touching left hip to woman's right hip, placing left forward of right as toe takes weight turn up to 1/2 left face to face partner; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

**WOMAN:** Forward right, forward left commence left face turn, lift right knee up touching right hip to man's left hip, placing right forward of left as toe takes weight turn up to 1/2 right face to face partner; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

**NOTE:** Starts and ends in Left Open Facing Position. Up to 1/2 turn away from partner between counts 2 and 3 and up to 1/2 turn toward partner between counts 4 and 5.



**ROUNDALAB STANDARD  
Phase V of Round Dancing**

**WEST COAST SWING**

**# Sugar Bump**

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

none  
Sugar Bump  
BK, REC FWD TRN, LIFT & TRN, IN PL;  
BK/REC, BK,  
(FWD, FWD TRN, LIFT & TRN, IN PL;  
BK/REC, BK,)

**MAN:** Back left, recover forward right, bringing lead hands thru commence a full right face turn lift left knee continue right face turn touching left hip to woman's right hip release hands continue right face turn rolling bottoms, continue right face turn in place left to face partner joining lead hands; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

**WOMAN:** Forward right, forward left, bringing lead hands thru commence a full left face turn lift right knee up continue left face turn touching right hip to man's left hip releasing hands continue left face turn rolling bottoms, continue left face turn in place to face partner joining lead hands; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

**# Sugar Toe Heel Crosses**

1,2,-,-;  
1,-,-,4;

none  
Sugar Toe Heel Crosses  
BK, BK, SWVL TCH, SWVL TCH;  
SWVL XIF, SWVL TCH, SWVL TCH, SWVL XIF;  
(FWD, FWD, SWVL TCH, SWVL TCH;  
SWVL XIF, SWVL TCH, SWVL TCH, SWVL XIF;)

**MAN:** Back left, back right to BFLY, swivel right face on right and touch left toe to right instep, swivel left face on right and touch left heel diagonally forward; Swivel right face on right and cross left in front of right, swivel left face on left and touch right toe to left instep, swivel right face on left and touch right heel diagonally forward, swivel left face on left and cross right in front of left.

**WOMAN:** Forward right, forward left to BFLY, swivel left face on left and touch right toe to left instep, swivel right face on left and touch right heel diagonally forward; Swivel left face on left and cross right in front of left, swivel right face on right and touch left toe to right instep, swivel left face on right and touch left heel diagonally forward, swivel right face on right and cross left in front of right;

**NOTE:** Figure starts in Left Open Facing Position toward Line of Progression and ends in the same position and direction making no turn.

**# Sugar Wrap Knee Lift Unwrap**      sugar wrp knee lift unwrp      Sugar Wrap Knee Lift Unwrap  
 1,2,-,4; 1&,2      BK, SM BK, TCH, FWD; BK/REC, BK  
 (FWD, FWD TRN, LIFT, FWD TRN; BK/REC, BK;)

**MAN:** Back left, small back right leading woman to turn 1/2 right face to wrap position in front of man maintaining joined lead hands with man's right hand comfortably on woman's back between right hip and shoulder, touch left forward, forward left unwrapping woman to turn left face to face man; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

**WOMAN:** Forward right, forward left swiveling right face to a wrapped position in front of man maintaining joined lead hands, lift right knee extending left arm forward, forward right turning left face to face man; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

**NOTE:** Starts and ends in left open facing position with lead feet free. Line of progression can be any direction on floor. Man leads woman to wrap on second count by applying increased lead hand pressure as woman takes weight on second step. Man leads woman to unwrap on fourth count while stepping forward and moving lead hands in slight counterclockwise direction while exerting a small amount of pressure through right hand to woman's back.

**# Surprise Whip**      surprise whp      Surprise Whip  
 1,2,3&,4;      BK, XIF, SWVL SD/REC TRN, FWD;  
 1,2,3&,4;      CK FWD, REC, BK/REC, BK;  
 (FWD, FWD TRN, BK/CL, FWD;  
 SWVL BK, REC TRN, BK/REC, BK;)

**MAN:** Back left, slight cross right in front of left moving toward the lady's right side into Loose Closed Position, swivel 1/4 right face on right foot side left [partial weight]/recover right turn 1/4 right face, forward left to Closed Position; turning upper body strongly to the right leading woman to turn sharply right face forward right outside partner checking motion and stopping woman with man's right hand on woman's back ending in an L-shaped Semi-Closed Position looking at partner, recover back left raising joined lead hands, small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor];

**WOMAN:** Forward right, forward left turn 1/2 right face, back right/close left, forward right between man's feet to Closed Position; swivel right face on supporting foot back left, recover forward right turn 1/2 right face under joined lead hands to face partner, small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor];

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

**WEST COAST SWING**

**# Triple Travel with Roll**

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

trpl travel w/roll      Triple Travel with Roll  
SD/CL, SD & FWD, FWD TRN, FWD TRN;  
SD/CL, SD TRN, SD/CL, SD TRN;  
SD/CL, SD & FWD, FWD TRN, FWD TRN; BK/REC, BK,  
(SD/CL, SD & BK, FWD TRN, FWD TRN;  
SD/CL, SD TRN, SD/CL, SD TRN;  
SD/CL, SD & BK, FWD TRN, FWD TRN; BK/REC, BK,)

**MAN:** Side right/close left, side and forward right commence right face turn 1/4, forward left continue right face turn 3/4, forward right continue right face turn 1/2 completing 1 1/2 turns to a Left Hand Star; side left/close right, side left turn 1/2 left face to a Right Hand Star, side right/close left, side right turn 1/2 right face to a Left Hand Star; side left/close right, side and forward left commence left face turn 1/4, forward right continue left face turn 1/2, forward left continue left face turn 1/2 [making a 1 1/4 turn] to face partner join lead hands; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

**WOMAN:** Side left/close right, side and back left commence right face turn 1/4, forward right continue right face turn 3/4, forward left continue right face turn 1/2 completing 1 1/2 turns to a Left Hand Star; side right/close left, side right turn 1/2 left face to a Right Hand Star, side left/close right, side left turn 1/2 right face to a Left Hand Star, side right/close left, side and back right commence left face turn 1/4, forward left continue left face turn 1/2, forward right continue left face turn 1/2 [making a 1 1/4 turn] to face partner join lead hands; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

**NOTE:** Starts in a Right Hand Star, ends Left Open Facing Position. The figure will progress toward either Line of Dance or Reverse Line of Dance depending upon the starting facing position.

**# Whip Turn**

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

whp trn      Whip Turn  
BK, XIF, SWVL SD/REC TRN, FWD;  
XIB TRN, FWD, BK/REC, BK;  
(FWD, FWD TRN, BK/CL, FWD;  
SWVL BK, BK, BK/REC, BK;)

**MAN:** Back left, slight cross right in front of left moving toward the lady's right side into Loose Closed Position, swivel 1/4 right face on right foot side left [partial weight]/recover right turn 1/4 right face, forward left to Closed Position; cross right in back of left commence right face turn, side and forward left complete 1/2 right face turn to face partner in Left Open Facing Position, small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor];

**WOMAN:** Forward right, forward left turn 1/2 right face, back right/close left, forward right between man's feet to Closed Position; swivel sharply 1/2 right face on supporting foot keeping left leg close to right and under the body back left, back right, small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor];

**NOTE:** Starts and ends Left Open Facing Position making 1/2 right face turn each measure. The "Power Whip" variation is similar except that on count 3 the man swivels 1/4 right face on supporting right foot while pointing left foot to side; on count 4 the man swivels an additional 1/4 right face on supporting right foot and steps forward on left.

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