

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.

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

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| | | |
|---------------------------------|----------------------------|------------------------|
| # Alternating Cross Body | 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 & 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.

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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.

