

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.

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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.

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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.

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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.

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Right Lunge Roll and Slip R lun roll & slp Right Lunge Roll & Slip
1,2,3; 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 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 may turn 1/4 or more left face.

Right Turning Lock R trng lk Right Turning Lock
1&,2,3; or 1,2&,3; BK/XIF, SD & FWD, FWD;
 (FWD/XIB, FWD & SD TRN, FWD;)

MAN: Back right backing Line of Dance with right side lead commence to turn right face/cross left in front of right to face Center of Hall, with slight left side stretch continue to turn upper body right face side and forward right between woman's feet continue to turn right face, forward left to Semi-Closed Position;

WOMAN: Forward left with left side lead commence to turn right face/cross right in back of left, with slight right side stretch forward and side left staying well into the man's right arm continue to turn right face, forward right to Semi-Closed Position;

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

Ripple Chasse none Ripple Chasse
1,2&,3; THRU, SD/CL, SD & FWD;

MAN: Thru right, side and slightly forward left with slight left side stretch/continue left side stretch into right sway as you close right to left looking to right holding sway, side and forward left losing sway blending to Semi-Closed Position;

WOMAN: Thru left, side and slightly forward right with slight right side stretch/continue right side stretch into a left sway as you close left to right looking to left holding sway, side and forward right losing sway blending to Semi-Closed Position;

NOTE: Starts in Semi-Closed Position. May also end in Banjo.

Rising Lock rising lk Rising Lock
1,2,3; BK TRN, SD & FWD TRN, XIB;
 (FWD TRN, SD & BK TRN, XIF;)

MAN: Back right commence to turn left face, side and forward left [3/8 left face turn between steps 1 and 2 body turns less], cross right in back of left body completes turn;

WOMAN: Forward left commence turn left face, side and back right [1/4 left face turn between steps 1 and 2], cross left in front of right [1/8 left face turn between steps 2 and 3];

NOTE: Starts and ends in Closed Position. A 5/8 turn to left with slow gradual rising made on counts 2 and 3.

WALTZ

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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.

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