ROUNDALAB STANDARD
Phase VI of Round Dancing

Click Action or Movement title to go to definition.

Body Ripple	**Tumble**	**Tunnel**
Opposition Points	**Challenge Line**	

I. ACTIONS

Punctuation marks [commas, semi-colons, etc.] in Action Section do not represent musical timing.

 # Body Ripple bdy ripple Body Ripple

Bend knees compressing strongly into floor and tilt torso by moving the hips forward then return to a vertical position by first straightening the knees and then pulling the hips back to a normal position.

NOTE: A body waving action will occur beginning at the knees and ending at the upper body. The head will move very little during this movement. Timing varies depending upon the rhythm in which the action occurs and choreography.

 # Opposition Points opp pts Opposition Points

Both partners lower onto their weighted foot and point free foot to the side.

 # Tumble none Tumble

This is a forward left turning action beginning on the ball of the man's left and woman's right lowering as the turn is completed. This action is done in Closed Position beginning with a slight left side stretch for the man [right sway for the woman], and ending with a strong right side stretch for the man [left sway for the woman]. The last step of the previous figure before the Tumble must be a strong toe step.

NOTE: The figure following the Tumble should be a backing figure such as a Left Whisk or Feather Finish. See Tumble Turn figure in Phase VI Foxtrot, Quickstep and Waltz.

II. MOVEMENTS

Punctuation marks [commas, semi-colons, etc.] in Movements Section may or may not represent musical timing.

 # Challenge Line chal line Challenge Line

Side and forward left [woman small step right] with stretching of whole body up and forward with high line attitude and slight body turn right face. Man's left side will slightly dominate without breaking opposite side. Both look upward above lead hands with topline in Semi-Closed Position but bodies in Closed Position.

 # Tunnel none Tunnel

The act of moving one partner at a time in any given direction under double joined hands [in Hammerlock Position]. The moving partner bends as though passing through a tunnel. May be used in any rhythm but most often considered in Jive, Cha Cha, and West Coast Swing. May utilize any number of measures.

NOTE: See Hammerlock Position in the Glossary.

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