

**ROUNDALAB STANDARD**  
**Phase VI of Round Dancing**

**CHA CHA**

**CH. CHA CHA**

**CHARACTERISTICS:** In round dancing, the Cha Cha rhythm is denoted using 4/4 timing. Normally five steps to a measure using 1,2,3&4;. Each step should be taken with pressure on the ball of the foot with knee flexed. As weight is taken on to the ball of the foot the heel is lowered, the knee straightens and the heel of the opposite foot releases as the hips move to the side [always in the direction of the stepping foot]. Most 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. Steps 3, 4 and 5 of forward and backward progressive figures may be danced with Latin Crosses [locks].

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<b>Advanced Alemana</b>	<b>Alternative Chasse Ending: Slip Chasse</b>	<b>Full Reverse Top</b>
<b>Advanced Hip Twist</b>	<b>Ballerina Wheel</b>	<b>Rope Spin</b>
<b>Advanced Sliding Door</b>	<b>Continuous Natural Top</b>	<b>Turkish Towel</b>
<b>Alternative Chasse Ending: Hip Twist Chasse</b>	<b>Curl</b>	
<b>Alternative Chasse Ending: Ronde Chasse</b>	<b>Follow My Leader</b>	

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<b># Advanced Alemana</b> 1,2,3&4; 1,2,3&4;	adv alemana                      Advanced Alemana FWD, REC, TRN SD/STP, STP; XIB TRN, SD TRN, IN PLC/STP, STP; (BK, REC, SD/STP, SD TRN; FWD TRN, FWD TRN, FWD TRN/CL, SD;)
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**MAN:** Forward left, recover right, turning 1/8 right face small side left/right, left; cross right in back of left continue turning right face, side left completing 1/2 right face turn over entire figure, in place right/left, right;

**WOMAN:** Back right, recover left, small side right/left, right turning 1/8 right face and swiveling an additional 1/8 right face; continue right face turn under joined lead hands forward left swiveling 1/2, continue right face turn forward right swiveling 1/2, complete right face turn forward left swiveling 1/4 to face partner/close right, side left;

**NOTE:** Starts and ends in Open Facing Position lead hands joined. Man will make 1/2 turn to right over entire figure and the woman has 1-1/2 turns to right over entire figure. Both will end facing opposite direction from starting direction. Steps 1, 2 and 3 of second measure for the woman are forward walking steps.

# **Advanced Hip Twist**

1,2,3&amp;,4;

adv hip twst

FWD, REC, BK/CL, BK;

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

Advanced Hip Twist

**MAN:** Forward left on ball of foot with pressure into floor and slight body turn to right checking forward motion and leading woman to turn more, recover right, small back left [toe to heel]/close right, small back left lowering left arm and holding it firm to lead woman's hip twist;

**WOMAN:** Swiveling 1/2 right face on weighted foot back right, recover left commencing left face swivel, forward right to partner's right side/close left completing 1/2 to 5/8 left face turn, forward right swivel 1/4 to 3/8 right face;

**NOTE:** Starts in Closed Position, ends with woman facing across in front of man. On the 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.

# **Advanced Sliding Door**

1,2,3&amp;,4;

-, -,3&amp;,4;

(1,2,3&amp;,4;

1,2,3&amp;,4;)

adv sldg dr

FWD, REC, SM BK/ SLIP BK, IN PLC;

LOWER, RISE, IN PLC/ IN PLC, IN PLC;

(BK, REC, FWD/ IN PLC, IN PLC;

SD &amp; FWD LOWER, REC, IN PLC/ IN PLC, IN PLC;)

Advanced Sliding Door

**MAN:** Forward left on ball of foot turning body 1/8 right face, recover right turning body 1/8 left face, small back left/slip right to left, in place left; compress into left knee with 1/8 left face body rotation allowing right foot to slide to side to a point with no weight, rise turning body 1/8 right face, in place right/left, right;

**WOMAN:** Back right keeping pressure into floor with ball of left foot as the body turns 1/8 right face, recover left with 1/8 body turn to left, forward and across right in line with the supporting foot with 1/8 body turn left face/close left in Latin cross, small forward right; side and forward left compressing into knee with left side stretch, recover right, back and across left in line with the supporting foot with 1/8 body turn right face/close right in Latin cross, back left;

**NOTE:** Shadow Position throughout with left hands joined and man's right hand on woman's right shoulder blade, woman's right hand extended to side.

**Alternative Chasse Endings**

- 1. Hip Twist Chasse**                      hip twst chasse                      Hip Twist Chasse  
3&,4,                                      SWVL PRESS/SWVL CL, SD,  
**MAN or WOMAN:** On weighted left foot swivel 1/4 left face on end of previous beat  
press forward right/swivel on right foot 1/4 right face close left to right, side right,  
**NOTE:** This is an alternative chasse which may replace man's chasse steps 3&,4 of  
measures ending in Fan Position. It may replace woman's chasse steps in an  
Advance Hip Twist. It may be danced by both man and woman in a side-by-side  
position.
- 2. Ronde Chasse**                              none                                      Ronde Chasse  
3&,4,                                      RONDE XIB/FWD & SD, SD,  
**MAN or WOMAN:** Circle left foot counterclockwise in contact with the floor on end of  
previous beat and cross left behind right in a Latin Cross position/small forward and  
side right, side left,  
**NOTE:** This is an alternative chasse which may replace man's chasse steps 3&,4 of  
an Advanced Hip Twist, or man's chasse steps of the first measure of Alemana or  
Hockey Stick from Fan Position. It may be danced by both man and woman in a side-  
by-side position.
- 3. Slip Chasse**                                      slp chasse                                      Slip Chasse  
3&,4,                                      BK/SLP BK, CL,  
**MAN:** Back left/small slip back right about 3 inches (8 cm), forward left closing left to  
right,  
**NOTE:** This is an alternative chasse which may be used when the man is directly  
facing partner. It may replace chasse steps 3&,4 of Open Hip Twist or Curl, or  
chasse steps of the first measure of Alemana, Hockey Stick, or Turkish Towel.

- # Ballerina Wheel**                                      ballerina whl                                      Ballerina Wheel  
1,2,3&,4;  
1,2,3&,4;  
FWD, FWD, FWD/FWD, FWD;  
FWD, FWD, FWD/FWD, FWD;  
(HOLD 1, 2, 3, 4;  
HOLD 1, 2, 3, 4;)  
**MAN:** Forward left, right, left/right, left; forward right, left, right/left, right;  
**WOMAN:** With weight on left raise right about knee high with foot about 6" in front of left  
knee with toe pointed down and knee of right leg upward diagonally to right from toe and  
holding position as man walks woman around in circle;  
**NOTE:** Varsouvienne or Shadow Skaters Position throughout, up to 1 full turn to right over  
entire 2 measures.

## # Continuous Natural Top

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

cont nat top

Continuous Natural Top

BHD, SD, BHD/SD, BHD; SD, BHD, SD/BHD, SD;  
BHD, SD, BHD/SD, CL;

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

**MAN:** Cross right in back of left, side left, cross right in back of left/side left, cross right in back of left; side left, cross right in back of left, side left/cross right in back of left, side left; cross right in back of left, side left, cross right in back of left/side left, close right;

**WOMAN:** Side left, cross right in front of left, side left/cross right in front of left, side left; forward right make full turn left face under joined lead hands, forward left to Closed Position, forward right/left, right; forward left, forward right turn left face under joined lead hands, forward left/forward right, forward and side turn right to Closed Position;

**NOTE:** Starts in Loose Closed Position facing Reverse and Wall turning right face. Usually ends in Closed Position making up to 2 7/8 turns. Man may step forward on the last step.

## # Curl

1,2,3&4;

none

Curl

FWD, REC, BK/CL, IN PLC;

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

**MAN:** From Left Open Facing Position forward left, recover right, back left nearly closed to right/ close right raise left hand, close left leading woman to turn [swivel] left face under raised left hand;

**WOMAN:** From Left Open Facing Position back right, recover left, forward right/close left, forward right swiveling 1/2 to 5/8 left face turn in front of man and facing same direction;

**NOTE:** The Curl should not be confused with the Spiral. The Curl is a "loosely" executed one foot turn [or action] which involves less turn than a Spiral. The degree of turn will never be more than 5/8 and the free foot will normally end crossed in front of the supporting foot [after completing the Curl] extended forward. The Spiral will always involve 3/4 to 1 full turn ending with the free foot and legs "wound up" with the ankles close together. A "Spiral action" may involve less turn. The Curl may be danced from Fan, Left Open Facing Position, Butterfly or following a Hockey Stick. Each varies slightly in execution but retains the same essential characteristics. The Curl properly belongs to the Rumba however the figure may be danced in Cha Cha.

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**Phase VI of Round Dancing**

**CHA CHA**

**# Follow My Leader**

	none	Follow My Leader
1,2,3&,4;	FWD, FWD, FWD/FWD, FWD TRN;	
1,2,3&,4;	FWD, FWD, FWD/FWD, FWD TRN;	
1,2,3&,4;	FWD, FWD, FWD/FWD, FWD TRN;	
1,2,3&,4;	FWD, FWD, FWD/FWD, FWD TRN;	
1,2,3&,4;	BK, REC, IN PLC STP/STP, STP;	
	(FWD, FWD, FWD/FWD, FWD TRN;	
	FWD, FWD, FWD/FWD, FWD TRN;	
	FWD, FWD, FWD/FWD, FWD TRN;	
	FWD, FWD, FWD/FWD, FWD TRN;	
	FWD, FWD, FWD/FWD, FWD TRN;)	

**MAN:** Forward right, left, right/left, right making 5/8 circle to right; forward left, right, left/right, left making 3/4 circle to left; forward right, left, right/left, right making 3/4 circle to right; forward left, right, left/right, left making 5/8 circle to left; back right, recover left, in place right/left, right no turn;

**WOMAN:** Forward left, right, left/right, left making 1 & 1/8 turn to right; forward right, left, right/left, right making 3/4 turn to left; forward left, right, left/right, left making 3/4 turn to right; forward right, left, right/left, right making 3/4 turn to left; forward left, right, left/right, left making 5/8 turn to right;

**NOTE:** Starts in Left Open Facing Position - release hands after first turn. Woman follows man on first measure. Man follows woman on second measure. Woman follows man on third measure. Man follows woman on fourth measure. Woman turns to face man on last measure. Figure resembles 3 circles in a row on the floor with the man making figure 8's using back 2 circles and woman making figure 8's using front 2 circles.

<b># Full Reverse Top</b>	full rev top	Full Reverse Top
1,2,3&,4;	FWD & SD TRN, SWVL TRN, FWD & SD TRN/SWVL TRN, FWD & SD TRN;	
1,2,3&,4;	SWVL TRN, FWD & SD TRN, SWVL TRN/FWD & SD TRN, SWVL TRN;	
1,2,3&,4;	FWD & SD TRN, SWVL TRN, FWD & SD TRN/SWVL TRN, SD TRN;	
	(XIB TRN, TRN SD, XIB TRN/TRN SD, XIB TRN; TRN SD, XIB TRN, TRN SD/XIB, TRN SD; XIB TRN, TRN SD, XIB TRN/TRN SD, SD;)	

**MAN:** Forward and side right turning left face, swivel on all of left foot continue left face turn taking weight on right to end left crossed in front of right, forward and side right turning left face/swivel on ball of left foot continue left face turn taking weight on left to end left crossed in front of right, forward and side right turning left face; swivel on ball of left foot continue left face turn taking weight on left to end left crossed in front of right, forward and side right turning left face, swivel on ball of left foot continue left face turn taking weight on left to end left crossed in front of right, forward and side right turning left face, swivel on ball of left foot continue left face turn taking weight on left to end left crossed in front of right; forward and side right turning left face, swivel on ball of left foot continue left face turn taking weight on left to end left crossed in front of right, forward and side right turning left face/swivel on ball of left foot continue left face turn taking weight on left to end left crossed in front of right, side right turning left face;

**WOMAN:** Cross left in back of right with left face turn, continue turn back and side right, cross left in back of right with left face turn/continue turn back and side right, cross left in back of right with left face turn; continue turn back and side right, cross left in back of right with left face turn, continue turn back and side right/cross left in back of right with left face turn, continue turn back and side right; cross left in back of right with left face turn, continue turn back and side right, cross left in back of right with left face turn/continue turn back and side right, side left;

<b># Rope Spin</b>	rope spn	Rope Spin
&;1,2,3&,4;	/SHAPE; SD, REC, IN PLC/IN PLC, IN PLC;	
1,2,3&,4;	SD, REC, IN PLC/IN PLC, IN PLC;	
	(/SPRL; FWD, FWD, FWD/CL, FWD; FWD, FWD, FWD/CL, FWD & SD;)	

**MAN:** *Beginning during the latter portion of the last beat of the previous action or movement or figure/shape* to the woman with left side stretch and slight right face body turn; side left, recover right with no sway, in place left/right, left [compact cha]; side right shaping to the woman with slight left face body rotation, recover left, in place right/left, right;

**WOMAN:** *Beginning during the latter portion of the last beat of the previous action or movement or figure/spiral* right face on left to end in front of man's right side; moving clockwise around man forward right, forward left, forward right/close left in Latin cross, forward right; forward left, forward right, forward left/close right in Latin cross, forward and side left to end facing man;

**NOTE:** Starts with woman to man's right side and lead hands joined. Ends facing partner with lead hands joined. In compact cha, man may step small side, in place, in place.

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

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**CHA CHA**

**# Turkish Towel**

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

none Turkish Towel  
FWD, REC, CL/SIP, SIP;  
BK, REC, SD TRN/CL, SD;  
BK, REC, SD/CL, SD;  
BK, REC, SD/CL, SD;  
(BK, REC, FWD/CL, FWD TRN;  
FWD TRN, FWD TRN, FWD TRN/CL, FWD TRN;  
FWD, REC, SD/CL, SD;  
FWD, REC, SD/CL, SD;)

**MAN:** Forward left, recover right, close left/step in place right, step in place left gradually raising joined hands to lead woman's alemana turn; back right, recover left, turning 1/4 left face side right/close left, side right to modified Man's Varsouvienne Position [man in front of woman to her right side right hands on man's right shoulder and left hands out at side about chest level]; check back left shaping to partner [man's back to woman's front], recover right, side left/close right, side left to modified Man's Left Varsouvienne Position [man in front of woman to her left side left hands on man's left shoulder and right hands out at side about chest level]; check back right shaping to partner [man's back to woman's front], recover left, side right/close left, side right to modified Man's Varsouvienne Position;

**WOMAN:** Back right, recover left, forward right/close left, forward right commence right face turn under joined lead hands; continue right face turn under joined lead hands forward left, continue right face turn forward right, forward left/close right, forward left completing a 1-1/4 right face alemana turn around the man to end in back of and to his left side joining left hands in modified Man's Varsouvienne Position; check forward right shaping to partner, recover left, side right/close left, side right to modified Man's Left Varsouvienne Position; check forward left shaping to partner, recover right, side left/close right, side left to modified Man's Varsouvienne Position;

**NOTE:** Starts in Handshake Position and right hands are kept joined throughout entire figure. On steps 3, 4, 5 the man does a compact Cha Cha Chasse [close, step in place, step in place] or a Slip Chasse [back, slip back, close]. Left hands are joined at end of second measure and kept joined thereafter. As woman does the alemana turn the joined hands will come over her head then down between partners and back up to shoulder height. Alternatively, handholds may be at hip level but should remain at a comfortable height for both partners. Part or all of the last 2 measures may be repeated, or the last measure may be deleted in choreography.

**CHA CHA**

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