



## FOXTROT

## ROUNDALAB STANDARD

### Phase VI of Round Dancing

#### # Checked Natural Slip

ckd nat slp                      Checked Natural Slip  
SQQ;  
FWD, -, FWD TRN CK, TRN REC;  
(BK, -, CL TRN CK, TRN FWD:)

**MAN:** Forward right [no sway], -, forward left on toe turning right face [with left side stretch] checking forward motion [continue left side stretch], turning left face recover back on right continuing left face turn to face Diagonal Line of Dance and Center of Hall [no sway];

**WOMAN:** Back left, -, close right to left rise to toes turning right face checking back motion, turning left face slip left forward to Closed Position continuing left face turn;

**NOTE:** Starts Closed Position facing Diagonal Line of Dance and Wall, Closed Position throughout, ends in Closed Position facing Diagonal Line of Dance and Center of Hall. Woman may open head on step 2 or keep it closed. Step 2 for woman may be feet closed or slightly side right. Usually figure turns 1/4 to 3/8 left face.

#### # Checked Reverse Slip

ckd rev slp                      Checked Reverse Slip  
SQQ;  
FWD, -, FWD TRN CK, TRN REC;  
(BK, -, CL TRN CK, TRN FWD:)

**MAN:** Forward left [no sway], -, forward right on toe turning left face [with right side stretch] checking forward motion [continue right side stretch], turning right face recover back on left continuing right face turn to face Diagonal Line of Dance and Wall [no sway];

**WOMAN:** Back right, -, close left to right rise to toes turning left face checking back motion, turning right face slip right forward to Closed Position continuing right face turn;

**NOTE:** Starts in Closed Position facing Diagonal Line of Dance and Center of Hall, Closed Position throughout, ends in Closed Position facing Diagonal Line of Dance and Wall. Man may turn head to right on step 2 or keep it left. Step 2 for the woman may be feet closed or slightly side left. Usually figure turns 1/4 to 3/8 right face.

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**# Continuous Hover Cross**

SQQ;  
QQQQ; QQ

cont hvr X                      Continuous Hover Cross  
FWD TRN, -, TRN SD, TRN SD;  
FWD, CL, BK, BK; SD & FWD, FWD,  
(BK TRN, -, TRN CL, SD;  
BK, SD, FWD, FWD; SD & BK, BK,)

**MAN:** Forward right Diagonal line of Dance and Wall commencing right face turn [no sway], -, continue right face turn side left Diagonal Line of Dance and Wall facing Diagonal Reverse Line of Dance and Wall [with left side stretch], with a strong right face turn on left small step right Diagonal Line of Dance and Wall facing Diagonal Line of Dance and Center of Hall [continue with left side stretch]; forward left across right to CBMP [blending to right side stretch], close right to left [continue right side stretch], back left in CBMP [continue right side stretch], back right to Closed Position [no sway]; side and forward left with a left side lead [with left side stretch], forward right in Banjo Position [with left side stretch],

**WOMAN:** Back left commencing a right face turn, -, [heel turn] close right [no weight] continue right face turn and change weight to right, side left to Closed Position; back right to CBMP, side left to Closed Position, forward right to CBMP, forward left to Closed Position; side and back right, back left in Banjo Position,

**NOTE:** Closed Position to start. Sidecar Position on step 4 to Closed Position on step 5. Banjo Position on step 6 to Closed Position on step 7. Banjo Position on step 9. A full right face turn is made over first 5 steps. A 1/4 left face turn is made over last 3 steps. May start in Banjo Position with first step for man being outside partner blending to Closed Position between steps 1 and 2. May start in Semi-Closed Position with first step for both man and woman being thru man turning right face, second step being side continuing turn to Closed Position. The remaining steps of the figure would be the same.

**# Double Natural Spin**

SQQ;  
(SQQ&)

dbl nat                      Double Natural  
FWD, -, FWD & SD TRN, TCH;  
(BK, -, HEEL TRN, SD & FWD/FWD;)

**MAN:** Right turning figure from Closed Position forward right turning body right face, -, forward and side left continuing a right face turn on left foot with spinning action [often 1 full turn], touch right to left to Banjo;

**WOMAN:** Back left turning body right face, -, close right to left for heel turn continuing right face turn on ball of right, side and forward left around man/forward right outside partner's right side to Banjo;

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**# Double Reverse Overspin**                      dbl rev ovrspn                      Double Reverse Overspin  
SQQ&;    FWD TRN, -, FWD & SD, SPN/ FWD TRN;  
(SQ&Q&;)    (BK TRN, -, HEEL TRN/SD & BK TRN, XIF/ BK TRN;)

**MAN:** Forward left commence left face upper body turn, -, continue left face turn forward and side right [3/8 to 1/2 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/small step forward left [almost in place] spin left face to complete 1 1/4 to 1 1/2 revolutions and end in Closed Position;

**WOMAN:** Back right commence to turn left face, -, left foot closes to right heel turn turning 1/2 left face/side and slightly back right continue left face turn, cross left in front of right/back and slightly side small step right turning left face completing 1 1/4 to 1/2 revolutions and end in Closed Position;

**NOTE:** Figure normally begins and always ends in Closed Position. Man has three changes of weight while woman has five. Woman's timing may vary. Man has strong left face body turn throughout.

**# Double Telemark**                                      dbl tele                                      Double Telemark  
SQQ;    FWD TRN, -, SD TRN, FWD;  
Q&QS;    FWD/FWD TRN, SD TRN, FWD, -;  
    (BK, -, HEEL TURN, FWD;  
    FWD TRN/BK TRN, TOE SPN CL, FWD, -;)

**MAN:** From Closed Position forward left turning body left face [no sway], -, side right continuing left face turn [with right side stretch], side and forward left to complete 7/8 left face turn [no sway]; forward right with a heel lead starting a left face turn/forward left continuing left face turn [no sway], side and forward right [with right side stretch], continue left face turn side and forward left to tight Semi-Closed Position completing the second 7/8 turn [no sway], -;

**WOMAN:** Back right starting a left face body turn, -, back left to right for a heel turn and transfer weight to left, a strong step forward right; forward left turning left face to Closed Position/back

right starting a left face turn, back left to right for a toe spin and transfer weight to left, forward right to tight Semi-Closed Position, -;

**NOTE:** The third step should be in Semi-Closed Position with the woman still in the man's right arm. On the fourth step, the man must allow the woman to take weight on the thru step before beginning the pick up action, the step is a heel lead for both the man and woman. On step 5 the woman steps back on the right toe quickly bringing the left foot to the right and starting the Telemark turn on the right toe. She transfers to her left foot on step 6 and continues the turn on her left toe. Timing may vary [i.e. SQQ; SQ&Q; or SQQ; QQQQ;].

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**# Left Feather**  
SQQ; QQ

L fthr                      Left Feather  
FWD, -, FWD, FWD; SD TRN, TRN BK,  
(BK, -, BK, BK; SD TRN, TRN FWD,)

**MAN:** Forward left, -, forward right with right side leading, forward left outside partner to Sidecar Position; forward and side right turning left face 1/8 to contra body, back left turning left face 1/8 to Banjo Position,

**WOMAN:** Back right, -, back left with left side leading, back right to Sidecar Position; back and side left turning left face to contra body, forward right outside partner to Banjo Position,

**NOTE:** The figure may begin in either Banjo or Closed Position and ends in Banjo. If it begins in Banjo Position it is necessary to blend to Closed Position on the first step. There is a smooth left face turn commencing on step 2 that brings the partners to Sidecar Position facing Line of Direction then to Closed Position and finally to Banjo Position facing Reverse Line of Direction over steps 3, 4, & 5.

**# Link to Semi-Closed Position**  
SQQ;

link to SCP                      Link to Semi-Closed  
FWD, -, TCH, FWD;  
(BK TRN, -, TCH, FWD;)

**MAN:** Forward right, -, touch left to right, forward left [with right side stretch];

**WOMAN:** Back left turning right face, -, touch right to left, forward right;

**NOTE:** Usually starts in Banjo Position and ends in Semi-Closed Position. There is no turn for man. There is a 3/8 right face turn for the woman. It starts with slight right sway for man and with slight left sway for woman. Rise to toes on touch, no sway. It ends with slight left sway for man and slight right sway for woman. The starting position may vary, therefore, first step may vary.

**# Natural Twist Turn**  
SQQ;  
SQQ;

nat twst trn                      Natural Twist Turn  
FWD TRN, -, SD & BK, XIB;  
UNWIND, -, CONT UNWIND, BK;  
(FWD, -, FWD, FWD;  
FWD, -, SWVL CL, FWD;)

**MAN:** Forward right turning right face [no sway], -, side and back left to Closed Position facing Reverse Line of Dance [with left side stretch], cross right in back of left no weight [continue left side stretch]; unwind right face with weight now on both feet [no sway], -, continue unwind right face & allow feet to uncross changing weight to right [with left side stretch], back left to Closed Position [with left side stretch];

**WOMAN:** Forward left, -, forward right between man's feet to Closed Position, forward left around man; forward right around man, -, swivel sharply right face on right and close left, forward right to Closed Position;

**# Pivot to Hairpin**  
SQ&Q;

pvt to hairpin                      Pivot to Hairpin  
BK PVT, -, FWD CRV/FWD CRV, FWD CK;  
(FWD PVT, -, BK CRV/BK CRV, BK CRV;)

**MAN:** Back left pivoting 1/2 right face [no sway], -, forward right/left strong curve to right [with left side stretch], forward right outside partner checking on toe in Banjo [with left side stretch];

**WOMAN:** Forward right pivoting 1/2 right face, -, back left/right curving right face, back left strong right curve high on toes in Banjo;

**NOTE:** A right face curving figure where the curve follows the right face pivot. Strong curve resembles the curve of a hairpin.

## # Reverse Corte

SQQ;

rev corte

BK TRN, -, -, -;

(FWD, -, FWD TRN, CL;)

Reverse Corte

**MAN:** Back right turning left face [no sway], -, continue left face turn on right [with left side stretch], continuing left face turn to CBMP touch left to right [with left side stretch];

**WOMAN:** Forward left, -, forward right turning left face, close left to right to CBMP;

**NOTE:** Starts in Closed Position, ends CBMP.

## # Reverse Pivot

1 OR &amp;

rev pvt

BK TRN

(FWD TRN)

Reverse Pivot

**When backing to Line of Progression:**

**MAN:** Back and side right leading woman to step between man's feet pivot left face on ball of right foot while holding left foot forward with knees close together.

**WOMAN:** Forward left pivoting left face on ball of left foot while holding right foot back with knees close together.

1 OR &amp;

FWD TRN

(BK TRN)

**When facing Line of Progression:**

**MAN:** Rotate frame to left to allow for stepping forward left between woman's feet pivot left face on ball of left foot while holding right foot back with knees close together.

**WOMAN:** Back and side right pivoting left face on ball of right foot while holding left foot forward with knees close together.

**NOTE [for both options]:** The figure begins and ends in Closed Position unless the choreographer calls for an alternative ending position. It may begin with the man facing or backing to Line of Progression. It can be a one step or multiple step figure depending on choreography. Multiple Reverse Pivots are accomplished by alternating the actions described above.

## # Ronde and Slip

SQQ;

ronde &amp; slp

RONDE, -, XIB, SLP BK;

(RONDE, -, BK TRN, FWD TRN;)

Ronde &amp; Slip

**MAN:** Ronde left counter clockwise and cross behind right with no weight [with right side stretch], -, back left and rise turning left face [no sway], slip back small right step keeping left leg extended [with right side stretch];

**WOMAN:** Ronde right clockwise and cross behind left no weight, -, back right start a left face turn on the ball of right foot [thighs locked and left leg extended], forward left slip continuing left face turn placing left foot near man's right foot;

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

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# **Rudolph Ronde**                      none                      Rudolph Ronde  
S    FWD, -,  
    (BK TRN RONDE XIB, -)

**MAN:** Forward right between partner's feet as if to start a right face pivot but stop action by flexing right knee while keeping left foot back allowing left side to remain in to the woman [with left side stretch], -,

**WOMAN:** Back left turning right face to Semi-Closed Position allowing right leg to ronde clockwise keeping right side in to the man with right leg crossing behind left leg at end of ronde no weight change, -,

**NOTE:** Woman's leg will ronde from hip. Exits and timing may vary.

# **Rudolph Ronde and Slip**                      Rudolph ronde & slp      Rudolph & Slip  
SQQ;    FWD, -, REC, BK;  
    (BK TRN RONDE XIB, -, BK TRN, FWD TRN;)

**MAN:** Forward right between woman's feet as if to start a right face pivot but stop action by flexing right knee while keeping left foot back continuing body turn allowing left side to remain toward woman [with left side stretch], -, back left, back right with rise and continue left face turn [keeping left leg extended];

**WOMAN:** Back left turning right face to Semi-Closed Position allowing right leg to ronde clockwise keeping right side toward man with right leg crossing behind left leg at end of ronde, -, back right starting a left face pivot on the ball of right foot [thighs locked and left leg extended], forward left slip continuing left face turn placing left foot near man's right foot;

**NOTE:** Amount of turn on slip may vary up to 3/8.

# **Rumba Cross**                                      RB X                                      Rumba Cross  
QQQQ;    FWD, XIB TRN, BK TRN, FWD;  
    (BK, XIF TRN, FWD PVT, BK;)

**MAN:** Rotate upper body right face with left side stretch to create left side lead and commence right face turn forward left, continue turn cross right in back of left turning 1/2 right face on toes [with left side stretch], back left turning up to 1/2 right face [with left side stretch], forward right [no stretch];

**WOMAN:** Rotating upper body right face back right, cross left in front of right turning 1/2 right face on toes, forward right between man's feet pivoting up to 1/2 right face, back left;

**NOTE:** Closed Position throughout turning 3/4 to 1 full turn right face. First step is heel lead for man well down into left knee rising to toes on crossing step. Amount of rotation and timing [e.g. Q&QS;] may vary depending on choreography.

# **Running Hover**                                      running hvr                                      Running Hover  
SQ&Q;    FWD, -, FWD/FWD & SD, FWD;  
    (BK, -, BK/BK & SD TRN, FWD;)

**MAN:** Forward right to Banjo [with left side stretch], -, forward left to Closed Position [no sway]/forward and side right [with right side stretch], forward left [continue right side stretch];

**WOMAN:** Back left, -, back right/back and side left turning to tight Semi-Closed Position, forward right;

**NOTE:** May start in Closed Position or Banjo Position. May also end in Banjo Position.

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#### # Running Spin

SQ&Q;

running spn                      Running Spin

BK PVT, -, FWD TRN/SD, BK;  
(FWD PVT, -, BK TRN/SD, FWD;)

**MAN:** Back left pivoting 1/2 right face [no sway], -, forward right [with left side stretch] continuing right face turn/side left, back right in Banjo [with right side stretch];

**WOMAN:** Forward right pivoting 1/2 right face, -, back left continuing right face turn/side right, forward left in Banjo;

**NOTE:** Starts in Closed Position facing Reverse Line of Dance, ends in Banjo facing Diagonal Reverse Line of Dance and Wall. Timing may vary.

#### # Same Foot Lunge

S

same ft lun                      Same Foot Lunge

SD & FWD, -,  
(BK, -)

**MAN:** Side and slightly forward right looking right [with right side stretch], -,

**WOMAN:** Back right well under body turning body left face and looking well to left, -,

**NOTE:** Timing and exits will vary. Man's and woman's right knees should be well flexed in lunge. Keep hips up and toward partner. Closed Position figure except to start woman will be slightly turned to the right.

#### # Spin and Double Twist

SQQ&;  
-QS&;  
-QS;  
(SQQ&;  
QQS&;  
QQS;)

spn & dbl twst                      Spin & Double Twist

BK TRN, -, FWD TRN, SD/XIB;  
UNWIND, UNWIND, BK & SD, -/XIB;  
UNWIND, UNWIND, BK & SD, -;  
(FWD TRN, -, BK TRN, CL HEEL TRN/FWD TRN;  
FWD TRN, FWD TRN, FWD, -/FWD TRN;  
FWD TRN, FWD TRN, FWD, -;)

**MAN:** Back left pivoting right face, -, forward right heel to ball continuing right face turn, side left well around woman toward Diagonal Line of Dance and Wall/cross right in back of left with only partial weight now backing Line of Dance; commence unwinding right face, continue unwinding right face changing weight to right, continue turning right face step back and side left, -/cross right in back of left with only partial weight now backing Line of Dance; commence unwinding right face, continue unwinding right face changing weight to right, continue turning right face step back and side left to end facing Diagonal Line of Dance and Wall in Closed Position, -;

**WOMAN:** Forward right between man's feet pivoting right face, -, back left, close right to left heel turn/forward left turning right face around man; forward right turning right face around man, forward left turning right face around man, forward right between man's feet, -/forward left turning right face around man; forward right turning right face around man, forward left turning right face around man, forward right between man's feet, -;

**NOTE:** Closed Position facing Reverse Line of Dance to start, and woman outside partner on second and third measures turning square to the man on third step of second and third measures. Ends in Closed Position facing Diagonal Line of Dance and Wall or may be overturned to Closed Position Diagonal Reverse Line of Dance and Wall. Entire figure turns 2-5/8 to 2-7/8 right face. May also end in Semi-Closed Position on last step to face various directions. Alternate timing may be used.

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**# Spin and Twist**

SQQ&;  
-QS;  
(SQQ&;  
QQS;)

spn & twst                      Spin & Twist  
BK TRN, -, FWD TRN, SD/XIB;  
UNWIND, UNWIND, BK & SD, -;  
(FWD TRN, -, BK TRN, CL HEEL TRN/FWD TRN;  
FWD TRN, FWD TRN, FWD, -;)

**MAN:** Back left pivoting right face, -, forward right heel to ball continuing right face turn, side left well around woman toward Diagonal Line of Dance and Wall/cross right in back of left with only partial weight now backing Line of Dance; commence unwinding right face, continue unwinding right face changing weight to right, continue turning right face step back and side left to end facing Diagonal Line of Dance and Wall in Closed Position, -;

**WOMAN:** Forward right between man's feet pivoting right face, -, back left, close right to left heel turn/forward left turning right face around man; forward right turning right face around man, forward left turning right face around man, forward right between man's feet, -;

**NOTE:** Closed Position facing Reverse Line of Dance to start, and woman outside partner on second measure turning square to the man on third step of second measure. Ends in Closed Position facing Diagonal Line of Dance and Wall or may be overturned to Closed Position Diagonal Reverse Line of Dance and Wall. Entire figure turns 1-5/8 to 1-7/8 right face. May also end in Semi-Closed Position on last step to face various directions. Alternate timing may be used.

**# Telefeather**

SQQ;  
Q&QQQ;

telefthr                      Telefeather  
FWD TRN, -, FWD & SD TRN, SD & BK;  
SPN/CONT SPN, SD & TRN, SD & FWD, FWD;  
(BK TRN, -, HEEL TRN, FWD TRN;  
FWD/FWD, TOE SPN CL, TRN SD & BK, BK;)

**MAN:** Forward left turning left face [with right side stretch], -, forward and side right continuing turn [continue right side stretch], side and back left with partial weight keeping left side in toward woman [continue right side stretch]; spin left face taking full weight on left/continue left face spin, side right continue turning left face [no sway], side and forward left to Banjo [with left side stretch], forward right [with left side stretch];

**WOMAN:** Back right turning left face, -, bring left to right starting a heel turn and gradually change weight to left continuing left face turn, forward right continuing left face turn; keeping right side in toward man forward left/right, continue turn toe spin and close left, continue turning left face side and back right to Banjo, back left;

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#### # Teleronde

SQQ;

Q&QS;

none

Teleronde

FWD TRN, -, FWD TRN, SD & BK;

SPN, SD, BK, -;

(BK TRN, -, HEEL TRN, FWD;

FWD RONDE TRN, TRN, FWD, -;)

**MAN:** Forward left commencing left face turn [with right side stretch], -, forward right continuing left face turn [continue right side stretch], side and back left with partial weight keeping left side in toward woman [continue right side stretch]; spin left face taking full weight on left/continue spin, side right continuing left face turn [no sway], back left [no sway], -;

**WOMAN:** Back right commence left face heel turn, -, close left no weight and continue heel turn changing weight to left, forward right; keep right side in toward man forward left lifting right leg up straight forward turning left face on left, continue left face turn, forward right, -;

**NOTE:** Starts in Closed Position facing Diagonal Line of Dance and Center of Hall, ends in Closed Position facing Reverse Line of Dance. 1 3/8 turn left face. Woman may turn head to right on third step and back to left on last step or keep it left throughout.

#### # Telespin to Banjo Position

SQQ&;

QQS;

telespn to BJO

Telespin to Banjo

FWD TRN, -, FWD & SDTRN, SD & BK/SPN;

CONT SPN, SD TRN, SD & FWD, -;

(BK TRN, -, HEEL TRN, TRN FWD/FWD;

FWD TRN, TOE SPN CL, SD & BK, -;)

**MAN:** Forward left commencing left face turn [with a right side stretch], -, forward and side right continuing left face turn [continue right side stretch], side and back left with partial weight keeping left side in toward woman [with right side stretch]/with partial weight commence left face body turn; taking full weight on left spin left face, side right continue left face turn [no sway], continue left face turn side & forward left to Banjo Position Diagonal Line of Dance and Wall, -;

**WOMAN:** Back right commencing left face turn, -, bring left to right starting a heel turn and gradually change weight to left continuing left face turn, forward right continuing left face turn/keeping right side in toward man forward left; forward right commence left face toe spin, continue toe spin close left, side & back right to Banjo Position, -;

**NOTE:** Starts in Closed Position facing Diagonal Line of Dance and Center of Hall and ends in Banjo Position facing Diagonal Line of Dance and Wall. Normally figure turns 1 3/4 left face. Woman may keep head left throughout or may turn it right on third step and back to left for closing step.



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#### # Teleswivel

QQQQ;

teleswvl

Teleswivel

FWD TRN, FWD & SD TRN, BK, SWVL;

(BK TRN, HEEL TRN, FWD, SWVL;)

**MAN:** Forward left commencing left face turn [with right side stretch], forward and side right continue left face turn [with right side stretch], back left well under body continue left face turn [continue right side stretch], slight swivel left face on left allowing right to cross in front no weight [no sway];

**WOMAN:** Back right commence left face turn, bringing left beside right no weight turn left face on right [heel turn] change weight to left, forward right outside partner, swivel right face to Semi-Closed Position;

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

#### # Three Fallaways

SQQ; SQQ;

SQQ;

3 falwys

Three Fallaways

FWD TRN, -, SD, BK; BK TRN, -, BK & SD, BK;

FWD TRN, -, SD, BK;

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

BK TRN, -, BK & SD, BK;)

**MAN:** In Closed Position forward left with left face upper body turn [and right side stretch], -, side right [maintain right side stretch], back left well under body in Semi-Closed Position [maintain right side stretch]; back right turning left face and bring woman to Closed Position [with no sway], -, back and side left [with left side stretch], back right well under body to Reverse Semi-Closed Position [maintain left side stretch]; turning left face forward left to Closed Position [blending to right side stretch], -, continue turn side right [maintain right side stretch], back left well under body to Semi-Closed Position [maintain right side stretch];

**WOMAN:** In Closed Position back right, -, back and side left, back right well under body to Semi-Closed Position; forward left turning left face to Closed Position, -, turning left face side and back right, back left well under body to Reverse Semi-Closed Position; back right turning left face, -, back and side left, back right well under body to Semi-Closed Position;

**NOTE:** The figure usually begins in Closed Position and ends in Semi-Closed Position. It is most easily accomplished if both partners maintain a proper Semi-Closed and Reverse Semi-Closed Position, that is very little separation between the man's left and woman's right sides in Semi-Closed and man's right and woman's left sides in Reverse Semi-Closed. The figure is very linear with the turning occurring along rather than around the Line of Progression. The figure turns 1-1/4 left face. Timing may vary with choreography. When danced will all quick steps, the alternate preferred cue term of Three Quick Fallaways may be used.

#### # Throwaway Oversway

S

thrwv ovrsway

Throwaway Oversway

SD & FWD, -,

(SD & FWD TRN, -)

**MAN:** Side and forward left relaxing left knee and allowing right to point side and back while keeping right side in toward woman and looking at her [with left side stretch], -,

**WOMAN:** Side and forward right turning left face while relaxing right knee and sliding left foot back under body past the right foot to point back meanwhile looking well to the left and keeping left side in toward man, -,

**NOTE:** May begin in Semi-Closed Position or Closed Position. When done from Closed Position man's first step back and woman's first step forward. There is 1/8 to 1/4 left face turn on first step. Figure ends with hips kept up toward partner. Entries, exits and timing vary.

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**# Traveling Contra Check**  
SQQ;

trav contra ck                      Traveling Contra Check  
FWD TRN, -, CL, FWD;  
(BK TRN, -, CL, FWD;)

**MAN:** Forward left with contra body motion with upper body turned to the left, -, close right rising to toes, forward left in Semi-Closed Position;

**WOMAN:** Back right turning right face, -, close left rising to toes, forward in Semi-Closed Position;

**NOTE:** Starts in Closed Position, Closed Position on steps 1 and 2 to Semi-Closed Position on last step. Knees must be relaxed but hips kept up so as not to give sitting effect on first step.

**# Traveling Hover Cross**  
SQQ; QQQQ;

trav hvr X                              Traveling Hover Cross  
FWD TRN, -, SD TRN, SD; FWD, FWD & SD, FWD, FWD;  
(BK TRN, -, HEEL TRN, SD; BK, BK & SD, BK, BK;)

**MAN:** Forward right Diagonal Line of Dance and Wall commence right face turn [with left side stretch], -, side left toward Diagonal Line of Dance and Wall facing Diagonal Reverse Line of Dance and Wall continue strong right face turn [continue left side stretch], side right toward Diagonal Line of Dance and Wall facing Diagonal Line of Dance and Center of Hall [blending to right side stretch]; forward left across right in CBMP [continue with right side stretch], forward and side right blend to Closed Position, forward left blend to CBMP [with left side stretch], forward right to Banjo Position [continue with left side stretch];

**WOMAN:** Back left commence a right face turn, -, [heel turn] close right no weight continue right face turn and change weight to right, side left; back right with left side stretch to CBMP, back and side left blend to Closed Position, back right blend to CBMP, back left to Banjo Position;

**NOTE:** Turn over first 3 steps is 3/4 right face. Steps 2 - 7 are high on toes. Figure starts in Closed Position [or Semi-Closed Position] and ends in Banjo facing Line of Progression.

**# Traveling Swivel**  
QQQQ;

trav swvl                                Traveling Swivel  
FWD TRN, SD SWVL, BK SWVL, THRU;  
(BK TRN, HEEL TRN, FWD FLK SWVL, THRU;)

**MAN:** Forward left turning left face [with right side stretch], side right swiveling left face [continue right side stretch], back left toward Diagonal Line of Dance and Center of Hall swiveling left face leaving right leg extended forward in CBMP [continue right side stretch], thru right to Diagonal Line of Dance and Wall in Semi-Closed Position [continue right side stretch];

**WOMAN:** Back right turning left face, [heel turn] close left and continue turning left face, forward right outside partner and flick left up in back from knee with a slight swivel right face ending in Semi-Closed Position, thru left to Diagonal Line of Dance and Wall;

**NOTE:** Starts in Closed Position, step 3 is to CBMP turning to Semi-Closed Position. Figure ends in Semi-Closed Position. Man must be careful to keep his right hip back on swivel to Semi-Closed Position.

**# Tumble Turn**

SQ&amp;Q;

tumble trn

Tumble Turn

BK TRN, -, SD & FWD/FWD, FWD PVT;  
 (FWD TRN, -, SD & BK/BK, BK PVT;)

**MAN:** Back right turning 1/4 left face either maintaining or moving to Closed Position and keeping left side in toward partner, -, side and forward left with left side stretch/forward right outside partner rise maintaining left side stretch rotate upper body left face bringing woman in front of man, forward left lowering changing to right side stretch creating left face pivoting action;

**WOMAN:** Forward left turning 1/4 left face either maintaining or moving to Closed Position, side and back right/back left under body with left sway, back right lowering and changing from left to right sway with left face pivoting action;

**NOTE:** Usually starts and ends in Closed Position; although, it may start in Banjo Position. On step four man's left foot is placed down pointing 1/4 to 3/8 left of the line of right foot. Total turn is approximately 3/4 to 7/8 of a full turn.