



ROUNDALAB

**STANDARDS FOR
ROUND DANCING**

PHASE VI

ROUNDALAB STANDARD Phase VI of Round Dancing

This booklet describes and defines the actions, movements and figures used in various rhythms of Phase VI Round Dancing. The material in this booklet is supplemented by other ROUNDALAB publications, including other phase booklets, the *Glossary, Index, Abbreviations, Cueing Guidelines, Listing of Phase Rated Actions, Movements and Figures by Rhythm and Listing of Phase Rated Actions, Movements and Figures by Phase.*

The material in this booklet is divided into sections according to the rhythm and dance type. Entries appear alphabetically within each appropriate section.

Rhythm characteristics are defined at the beginning of each rhythm. The format for each figure within that rhythm consists of the title and abbreviation [if applicable], and the preferred cue term. Timing, basic steps for the man, and basic steps for the woman [in parentheses] follow. Descriptions of the figures are given for the MAN and WOMAN and explanatory notes [if needed].

The following rhythms are included in this phase:

Bolero	BL	Paso Doble	PD	Slow Two Step	ST
Cha Cha	CH	Quickstep	QS	Tango	TG
Foxtrot	FT	Rumba	RB	Waltz	WZ
Jive	JV	Samba	SB	West Coast Swing	WC

The format of the title reflects the status of the descriptions or definitions that follow:

Approved Standard -
Tentative Standard -

Boldface Type

Underlined and preceded by a single asterisk [*]. Tentative Standards will be considered permanent if no comment is received within the year following approval at the annual convention.

On ROUNDALAB Teaching Videos [RTVs] -

Preceded by a number sign [#].

Copies of the following additional manuals, booklets, ROUNDALAB Teaching Videos [RTVs], Digital Video Disks [DVDs] and Figure Video Software [FVS] may be purchased from:

ROUNDALAB
PO Box 1928
Auburn, ME 04211
PHONE: 877 Y I DANCE [877-943-2623] US/CANADA
207-904-0220 all other countries
WEBSITE: www.roundalab.org
E-MAIL: roundalab@roundalab.org

- Phase Booklets – Phases I through VI
- Glossary
- Abbreviations Booklet
- Index for Glossary & Phase Booklets

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- Listing of Phase Rated Actions, Movements and Figures by Rhythm Booklet
- Listing of Phase Rated Actions, Movements and Figures by Phase Booklet
- Cueing Guidelines
- Cue Sheet Writing Guidelines
- New Round Dance Leaders Manual - Phase I / II
- Teaching Manuals for Phase III and IV
- Preliminary Foot Movements & Positions/Dance Positions/Walks in all Rhythms Booklet
- Callers Manual for Using Rounds in the Square Dance Program
- ROUNDALAB Teaching Videos [RTVs]
- Instructional Digital Video Discs [DVDs] [Phase I through Phase VI and Addendum]
- Figure Video Software [FVS]

Because of changes over time as well as differences of interpretation, inconsistencies may appear between the ROUNDALAB Teaching Videos [RTVs], Digital Video Discs [DVDs], Figure Video Software [FVS] and the ROUNDALAB Phase Booklets. In such instances, the Phase Booklets should be taken as containing the most up to date material available.

CHANGES:

Proposed changes to this Standard should be submitted to:

ROUNDALAB
PO Box 1928
Auburn, ME 04211
PHONE: 877 Y I DANCE [877-943-2623] US/CANADA
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Proposed changes are to be submitted as follows:

1. Specific reason[s] for the change.
2. Proposed changes must be received by November 1 to be considered at the next Annual ROUNDALAB Convention.
3. Request[s] to change Tentative Standards must be endorsed by signatures from at least two [2] ROUNDALAB Teaching Member Units in good standing. These endorsements must be part of, and accompany, the original request.
4. Tentative Standards will be considered permanent if no comment is received within the year following approval at the annual convention. Tentative Standards are underlined and preceded in the phase booklets with an asterisk [*].
5. Request[s] to change Permanent Standards must be endorsed by signatures from at least five [5] ROUNDALAB Teaching Member Units in good standing. These endorsements must be part of, and accompany, the original request.
6. Request for addition and phasing of a new action, movement or figure requires three [3] different choreographers use the action, movement or figure in three [3] dances prior to being defined and included in the ROUNDALAB Standards. Requests must be endorsed by signatures from at least five [5] ROUNDALAB Teaching Member Units in good standing. Cue sheets are to be submitted with the request and must be received by November 1 to be considered at the next Annual ROUNDALAB Convention.

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ROUNDALAB PHASE RATING SYSTEM

The purpose of the "**ROUNDALAB Phase Rating System**" is to provide a method for rating basic round dance actions, movements, and figures according to the degree of complexity. This system can be readily used and understood by all those involved in round dancing to rate a dance at the appropriate phase. This concept works as follows:

- a. If all actions, movements, and figures in a dance are from the same phase, the dance will be phased at that phase.
- b. A dance cannot have more than two actions, movements, or figures [or any combination thereof] from the next higher phase and remain at the lower phase.
 - [1] If there is one action, movement, or figure in a dance from the next higher phase, the dance will be phased at the lower phase plus 1 [e.g., a Phase II dance with one figure from Phase III will be rated Phase II +1].
 - [2] If there are two actions, movements, or figures [or any combination thereof] in the dance from the next higher phase, the dance will be phased at the lower phase plus 2 [e.g., a Phase II dance with two figures from Phase III will be rated Phase II +2].
 - [3] Three or more actions, movements, or figures [or any combination thereof] in the next higher phase requires the dance to be rated at the higher phase level.
- c. A dance cannot be rated any lower than one phase below the highest action, movement or figure used [e.g., a Phase III dance with one figure from Phase V will be rated as Phase IV +1].

ROUNDALAB suggests the Phase Rating be included in the lead information on every cue sheet. Choreographers should put a "degree of difficulty" as part of the heading of a cue sheet, as determined by the following parameters:

- a. EASY [EZ] – a dance that can be done to cues by the average dancer at THAT phase level without further instructions by the cuer.
- b. AVERAGE [AVG] – a dance that can be done to cues by the average dancer at THAT phase level with one or two simple instructions explained by the cuer, e.g., "Lady rolls to LOP, not a Cross Wrap".
- c. DIFFICULT [DIFF] – a dance that probably cannot be done by the average dancer at that phase level without a special teach because of rotations; unphased actions, movements, or figures; unusual positioning; figure modifications; or tempo or timing changes.

ROUNDALAB recommends that choreographers assume the responsibility of rating their own dance before publication. However, if the choreographer does not rate the dance, then any person can easily rate the dance by using ROUNDALAB criteria.

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Phase Booklet Definition Format

Ever wonder what to call the individual parts of a figure definition? The format below is for all figures that go into the manual. The parts are coded with ***different font styles*** to the corresponding part in the example below:

Title - This is on the far left of the first line and may be the same or different than the Preferred Cue Term.

Abbreviation – This is the ROUNDALAB (RAL) approved abbreviation for the action, movement or figure. It is the center item on the top line of the definition. If there is no RAL-approved abbreviation, then the word “none” should be used.

Preferred Cue Term (PCT) – This is on the far right of the first line and may be the same or different than the Title. Actions and movements may not have a PCT.

Timing – This is denoted just below the Title. In some rhythms timing is denoted by using numbers, and some rhythms it is denoted by using “S” [slow] and “Q” [quick]. It is important to use the format that is used within that rhythm. Timing should be included in all figure definitions, but rarely in action or movement definitions.

FOOTPRINTS – These are in the center of the definition and are lined up vertically with the Timing denotation. They are typically only included for figures and are an extremely abbreviated description of the figure. They are in all capital letters and use RAL-approved abbreviations. If the man’s and woman’s parts are the SAME, then only one set of footprints should be stated. If the man’s and woman’s parts are DIFFERENT, then the man’s footprints are placed on the “top line[s]” and the woman’s footprints are placed below the man’s and her footprints are placed in parentheses (). Footprints do not include “right” or “left” foot designations. Footprints should be included in all figure definitions, but rarely in action or movement definitions.

Details – This section includes both the man’s and woman’s parts. If the parts are the same, they may be indicated as “MAN OR WOMAN”. If the parts are different, then they are stated separately. The Details have all words written out and do not use any abbreviations. Supplemental information is included in brackets [], not in parenthesis (). For figures, the Details are formatted in the timing of the figure, not in sentence formatting. For actions or movements, they may be formatted as a sentence.

Note – This is additional information to the definition and is placed at the bottom of the definition. Notes are written in sentence format. The word “NOTE” at the beginning should be in all caps, bolded and underlined.

EXAMPLE

Progressive Box

QQS; QQS;

prog box

SD, CL, FWD, -; SD, CL, FWD, -;
(SD, CL, BK, -; SD, CL, BK, -;)

Progressive Box

MAN: Side left, close right, forward left, -; side right, close left, forward right, -;

WOMAN: Side right, close left, back right, -; side left, close right, back left, -;

NOTE: *Starts in designated position.*

Phase Booklet Definition Format

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III. FIGURES

BL. BOLERO

CHARACTERISTICS: In round dancing, the Bolero rhythm is denoted in 4/4 timing. Bolero is danced using count of SQQ with rise within the body on appropriate step. The rise occurs as complete transfer of weight is taken onto the first step side with progression from a lowered position with soft knees. Maximum height is reached at the end of the first step. Lowering commences as step 2 is taken. Continue to lower through step 3 with slight progression in direction of step. Transfer of weight between step 3 and step 1 of the next measure has no body rise - it is taken in the lowered position with soft knees. The stepping length in most figures follows the following pattern of the longest on step one since it is from a lowered position, the shortest is on step two since it from an elevated position, and the medium length step is on step three as lowering is continued. Syncopations and certain figures may alter the rise and fall and step length patterns.

In box, click figure title to go to definition.

Checked Right Pass	Full Moon	
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From other pages, click any definition title to return to this page.

Checked Right Pass

SQQ;

ckd R pass

Checked Right Pass

FWD & SD TRN, -, TRN XIB, TRN SD & FWD;

(FWD, -, FWD & XIF, BK;)

MAN: Forward and side left with left side stretch commencing right face turn raising joined lead hands high and placing right hand on the front of woman's right hip, -, continue right face turn cross right in back of left checking woman's motion with right hand, continue right face turn lowering joined lead hands side and forward left to a momentary modified Wrapped Position;

WOMAN: Forward right with right side stretch raising joined lead hands high, -, forward and across left in front of right with no turn, back right bringing joined lead hands down to a momentary modified Wrapped Position;

NOTE: Commonly begins in Left Open Facing Position. The man may complete passing the woman on the first step of the succeeding figure.

BOLERO

ROUNDALAB STANDARD

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Full Moon

SQQ;	none	Full Moon
SQQ;	SD & FWD TRN, -, TRN BK, FWD;	
SQQ;	FWD TRN, -, FWD CKG, BK;	
SQQ;	SD & FWD TRN, -, TRN BK, FWD;	
SQQ;	FWD TRN, -, FWD CKG, BK;	
	(TRN SD & FWD, -, FWD, FWD SPRL;	
	TRN FWD, -, FWD CKG, BK TRN;	
	FWD TRNG, -, FWD, FWD SPRL;	
	TRN FWD, -, FWD CKG, BK TRN;)	

MAN: With right hands joined side and forward left turning left face 1/8, -, back right turning left face 1/4, forward left bringing right hands up behind woman leading her to spiral; forward right turning 1/8 left face joining left hands to Varsouvienne Position, -, forward left checking, releasing left hands back right commence lowering joined right hands; bringing joined right hands down between partners to lead woman's turn back left turning 1/8 left face, -, back right turning left face 1/4, forward left bringing right hands up behind woman leading her to spiral; forward right turning 1/8 left face joining left hands to Varsouvienne Position, -, forward left checking, releasing left hands back right;

WOMAN: With right hands joined side and forward right turning 1/4 right face, -, forward left turning 1/4 left face, forward right spiraling 7/8 left face; forward left turning 1/8 left face joining left hands to Varsouvienne Position, -, forward right checking, back left turning 1/8 right face; forward right towards man's right side turning right face 3/4, -, forward left turning 1/4 left face, forward right spiraling 7/8 left face; forward left turning 1/8 left face joining left hands to Varsouvienne Position, -, forward right checking, back left turning 1/8 right face;

NOTE: The figure commonly makes one full revolution, and the ending is frequently modified leading into the following figure.

ROUNDALAB STANDARD
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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].

In box, click figure title to go to definition.

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

From other pages, click any definition title to return to this page.

# Advanced Alemana 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&,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&,4;

-, -,3&,4;

(1,2,3&,4;

1,2,3&,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 & 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.

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.

ROUNDALAB STANDARD
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.

# Full Reverse Top	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;

# Rope Spin	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.

ROUNDALAB STANDARD
Phase VI of Round Dancing

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

**ROUNDALAB STANDARD
Phase VI of Round Dancing**

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FOXTROT

ROUNDALAB STANDARD

Phase VI of Round Dancing

Checked Natural Slip

SQQ;

ckd nat slp Checked Natural Slip
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

SQQ;

ckd rev slp Checked Reverse Slip
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.

ROUNDALAB STANDARD
Phase VI of Round Dancing

FOXTROT

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;

FOXTROT

ROUNDALAB STANDARD

Phase VI of Round Dancing

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;].

ROUNDALAB STANDARD
Phase VI of Round Dancing

FOXTROT

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 &

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 &

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 & slp

RONDE, -, XIB, SLP BK;

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

Ronde & 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.

ROUNDALAB STANDARD
Phase VI of Round Dancing

FOXTROT

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.

FOXTROT

ROUNDALAB STANDARD

Phase VI of Round Dancing

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.

ROUNDALAB STANDARD
Phase VI of Round Dancing

FOXTROT

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;

FOXTROT

ROUNDALAB STANDARD

Phase VI of Round Dancing

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.

FOXTROT

ROUNDALAB STANDARD

Phase VI of Round Dancing

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.

ROUNDALAB STANDARD
Phase VI of Round Dancing

FOXTROT

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&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.

ROUNDALAB STANDARD
Phase VI of Round Dancing

JIVE

JV. JIVE

CHARACTERISTICS: In round dancing, Jive is denoted using 4/4 timing. The basic figures utilize six beats of music and are written in 1 1/2 measures. Timing is usually 1,2,3a,4; 1a,2,. In basic figures the eight steps are completed in six beats of music. Figures will usually begin with a rock and recover, and steps 3a,4 and 1a,2 are usually Jive Chasses. Figures are done with soft knees. Rock and recover steps are taken with a forward poise and on the ball of the foot.

In box, click figure title to go to definition.

Chopper	Flea Hops	Simple Spin
Coca Rola	Rolling Off the Arm	Turnstile
Curly Whip	Shoulder Roll	Whip Spin

From other pages, click any definition title to return to this page.

Chopper
1a,2,3a,4;
1a,2,3a,4;

none Chopper
IN PLC/ STP, STP, SPN IN PLC/STP, STP;
IN PLC/STP, STP, SPN IN PLC/STP, STP;
(SPN IN PLC/STP, STP, IN PLC/STP, STP;
SPN IN PLC/STP, STP, IN PLC/STP, STP;)

MAN: In place left/right, left, spinning full turn right face in place right/left, right; in place left/right, left, spinning full turn right face in place right/left, right;

WOMAN: Spin full turn left face in place right/left, right, in place left/right, left; spin full turn left face in place right/left, right, in place left/right, left;

NOTE: Starts in Open Facing Position with right hands joined, ends in Open Facing Position with right hands joined. On first and third triple woman spins under joined right hands. On second and fourth triple man spins under joined right hands. Joined hands should come down between partners between each triple making a circle and over the head on each triple. Timing may vary.

Coca Rola
1,2,3,4; 1,2,3,4;

none Coca Rola
XIF, BK, SD, XIF; XIF, BK, SD, XIF;

MAN OR WOMAN: Swivel slightly right face on right and cross left in front of right, swivel slightly left face on left and step back right, swivel slightly right face on right and step side left, swivel slightly left face on left and step forward right across left; repeat footwork of first measure;

NOTE: Usually done in Varsouvienne, Skaters, Shadow, Side by Side Positions with identical footwork for man and woman.

Curly Whip

1,2,3a,4;
1,2,3a,4;

curly whp Curly Whip
FWD, REC, SD/CL,SD TRN;
XIB TRN, SD TRN, SD/CL,SD;
(BK, REC TRN, SD TRNG/CL TRNG, SD TRNG;
SD TRNG, XIF TRNG, SD TRNG/CL TRNG, SD TRNG;)

MAN: Forward left, recover right, side left/close right, side left turning 1/8 to right; cross right in back of left, side left, side right/close left, side right turning 7/8 right face over 5 steps;

WOMAN: Back right, recover left commence left face turn, side right/close left, side right making 7/8 turn left face under joined lead hands over last 4 steps; side left, cross right in front of left, side left/close right, side left making 7/8 turn right face over 5 steps;

NOTE: Starts in Closed Position, hold of man's right and woman's left is released at end of second step. Woman turns under lead hands on steps 3, 4, and 5 to Closed Position and remains in Closed Position over rest of figure. Man keeps woman in close as she does reverse turn by keeping his right hand loosely in place allowing her to turn within the man's right arm. May start in Left Open Facing Position.

Flea Hops

a;1a,2a,3a 4a;
1a,2,

none Flea Hops
/HOP; CL/HOP, CL/HOP, TAP/HOP, CL/HOP;
TAP/HOP, CL,

MAN OR WOMAN: *Beginning during the latter portion of the last beat of the previous action or movement or figure/hop on right pulling slightly to left; close left/hop on left pulling slightly to right, close right/hop on right pulling slightly to left, tap left close to right no weight/hop on right pulling slightly to left, close left/hop on left pulling slightly to right; tap right close to left no weight/hop on left pulling slightly to right, close right,*

NOTE: May be done starting with either foot and may be done on identical or opposite footwork for man and woman. There is a slight sway to the right when hopping right and a slight sway to the left when hopping left.

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

Turnstile

1,2,3a,4;
1,2,3,4; 1a,2,

none Turnstile
RK BK, REC FWD, FWD/CL, FWD;
SD TRNG, SD TRNG, SD TRNG, SD TRNG; SD/CL, SD,
(RK BK, REC FWD, FWD/FWD, FWD TRNG;
SD TRNG, SD TRNG, SD TRNG, SD TRNG; SD/SD, SD,)

MAN: Rock back left, recover forward right, triple forward left/right, left man's right hand to woman's right wrist start left face turn; turning left face side right contact woman's left wrist with man's left wrist, turning left face side left contact woman's right wrist with man's right wrist, turning left face side right contact woman's left wrist with man's left wrist, turning left face side left take woman's right hand with right; chasse side right/left, right,

WOMAN: Rock back right, recover forward left, triple forward right/left, right start right face turn; turning right face side left contact man's left wrist with woman's left wrist, turning right face side right contact man's right wrist with woman's right wrist, turning right face side left contact man's left wrist with woman's left wrist, turning right face side right join right hand with man's right hand; chasse side left/right, left,

NOTE: Basic turn is 1/2 per beat. Arms extend for both man and woman downward off the shoulders in the turns. The ending chasse may be an additional 1/4 turn for both to end side by side. Woman may also dance triple turn under joined right hands.

Whip Spin

1,2,3a,4;

whp spn Whip Spin
XIB TRN, SD TRN, IN PLC/STP, STP;
(FWD TRNG, FWD XIF, IN PLC SPN IN PLC STP/STP,
STP;)

MAN: Cross right in back of left turning, side left turning, in place right/left, right making 7/8 turn to right over entire figure;

WOMAN: Forward left turning, forward right cross in front of left between man's feet, spin 1 & 1/2 right face on right in place left/right, left;

NOTE: This figure is a variation of the Whip Turn. The preceding description usually follows a Link measure. Start in Closed Position with woman's right hand behind her back held in man's right hand. Remain in Closed Position for first two steps. Release hold as woman spins - end Open Facing Position. Man makes 7/8 turn to the right over figure. Woman goes 7/8 to the right plus the right face free spin.

MR. MERENGUE

CHARACTERISTICS: In round dancing, the Merengue rhythm is denoted using 4/4 timing. The music and the basic step may be counted 1, 2, 3, 4; although counting to 8 is also popular. Most merengue patterns require 4 beats or a multiple of 4 beats of music. The music tempo ranges from 120 to 160 beats per minute. The basic step can be thought of as side, close with strong Cuban motion, which is an essential defining element of the dance. It results from a combination of rolling the foot from the inside edge of the ball of foot to the flat of foot, delaying the full weight change, and the alternate bending and straightening of the knees. As full weight is taken on the supporting foot that knee straightens and that hip is pushed up and out while at the same time the knee of the free leg bends and that hip drops. The rolling action of the foot ensures the hip arrives after weight is taken over the new standing foot. Forward and back steps should be taken with forward poise and toes turned out. All steps are fairly small.

NOTE: In the Merengue context, the term "continuous" is used in the name of 2-measure figures which relate to already-familiar Rumba figures executed in "continuous" fashion, i.e., without the last beat hold, and ending with a 2-beat movement which is often a "side close".

In box, click figure title to go to definition.

Snake		
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From other pages, click any definition title to return to this page.

Definition is on next page.

Snake

1,2,3,4;

1,2,3,4;

1,2,3,4;

none

Snake

IN PLC TRN, IN PLC TRN, IN PLC TRN, IN PLC TRN;

IN PLC TRN, IN PLC TRN, IN PLC TRN, IN PLC TRN;

IN PLC TRN, IN PLC TRN, IN PLC TRN, IN PLC TRN;

(IN PLC, IN PLC, IN PLC TRN, IN PLC TRN;

IN PLC TRN, IN PLC TRN, IN PLC TRN, IN PLC TRN;

IN PLC, IN PLC, IN PLC TRN, IN PLC TRN;)

MAN: Raising lead hands and keeping trail hands low turn 3/4 left face under lead hands stepping in place left, right, left, right and bring lead hands down to a Man's Left Hammerlock Position [side by side left hips adjacent lead hands joined at woman's right hip and trail hands joined behind man's back]; raising lead hands and keeping trail hands low step in place left turning 1/8 right face, in place right completing 1/4 right face turn and bring lead hands down to momentary Back to Back Position, leaving lead hands down and raising trail hands step in place left turning 1/8 right face, in place right completing 1/4 right face turn and bring trail hands down to a Man's Hammerlock Position [side by side right hips adjacent trail hands joined at woman's left hip and lead hands joined behind man's back]; raising trail hands and keeping lead hands low turn 3/4 left face under trail hands stepping in place left, right, left, right to Butterfly Position;

WOMAN: With lead hands high and trail hands low step in place right, in place left, in place right turning 1/8 right face under joined lead hands, in place left completing 1/4 right face turn and lower lead hands to a Man's Left Hammerlock Position [side by side left hips adjacent lead hands joined at woman's right hip and trail hands joined behind man's back]; with lead hands high and trail hands low step in place right turning 1/8 right face under lead hands, in place left completing 1/4 right face turn and bring hands down to momentary Back to Back Position, leaving lead hands down and raising trail hands step in place right turning 1/8 right face under trail hands, in place left completing 1/4 right face turn and bring trail hands down to a Man's Hammerlock Position [side by side right hips adjacent trail hands joined at woman's left hip and lead hands joined behind man's back]; with trail hands high and lead hands low step in place right, in place left, in place right turning 1/8 right face, in place left completing 1/4 right face turn to Butterfly Position;

NOTE: Both partners step in place on each beat and all hands remain joined throughout. All the woman's turns are right face [1/4, 1/2, 1/4]. The man's turns are 3/4 left face, 1/2 right face, 3/4 left face. If started in Butterfly Wall the first measure ends in a Man's Left Hammerlock Position, man facing Reverse Line of Dance [woman Line of Dance], the second measure ends in a Man's Hammerlock Position, man facing Line of Dance [woman Reverse Line of Dance] and the third measure in Butterfly Wall.

ROUNDALAB STANDARD
Phase VI of Round Dancing

PASO DOBLE

PD. PASO DOBLE

CHARACTERISTICS: In round dancing, the Paso Doble rhythm is denoted using 4/4 timing. Many of the figures have French names and the music is based on the Spanish marching music from the bullring. The marching tempo is evident in some of the footwork. The man is often showing off his cape [the woman], while he marks time. One of the characteristics is the use of an action called the "Appel". Many figures start with an Appel on the right foot for the man.

In box, click figure title to go to definition.

Chasse Cape	Fregolina	Syncopated Separation	Traveling Spins from Promenade
Farol	La Passe	Traveling Spins from Counter Promenade	

From other pages, click any definition title to return to this page.

Definitions begin on next page.

PASO DOBLE

ROUNDALAB STANDARD

Phase VI of Round Dancing

Chasse Cape

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

- none
- Chasse Cape
- APPEL, SD, THRU TRN, SD & BK;
- BK TRN, BK PVT, FWD TRN, SD/CL;
- SD & BK, BK PVT, FWD TRN, SD/CL;
- SD & BK, BK PVT, FWD TRN, SD/CL;
- SD & BK, BK PVT, FWD TRN, SD;
- FWD PRESS LINE, -, -, -;
- TRN CL/IN PLC, IN PLC, SD, CL; SD, CL, SD, CL;
- (APPEL, SD, FWD TRN, FWD;
- FWD TRN, FWD SPN, CL TRN, SD/CL;
- SD & FWD, FWD SPN, CL TRN, SD/CL;
- SD & FWD, FWD SPN, CL TRN, SD/CL;
- SD & FWD, FWD SPN, CL, SD & FWD;
- FWD TRNG PRESS LINE, -, -, -;
- FWD TRN/FWD TRN, IN PLC, SD, CL; SD, CL, SD, CL;)

MAN: Appel on right, side left to Semi-Closed Position Line of Dance, thru right turning right face, side and back left to Closed Position Reverse Line of Dance; back right turning right face, back left with partner outside pivot right face, forward right outside partner continue turn to face Wall in Closed Position, side left/close right; side and back left, back right partner outside pivot left face, forward left outside partner continue turn to face Center of Hall in Closed Position, side right/close left; side and back right, back left partner outside pivot right face, forward right outside partner continue turn to face Wall in Closed Position, side left/close right; side and back left, back right partner outside pivot left face, forward left outside partner continue turn to face Diagonal Line of Dance and Center of Hall and release hold with right hand, side right to Left Open Facing Position Line of Dance; forward left ball of foot to Line of Dance turning body 1/8 right face into Press Line, -, -, -; turning left face close left facing Center of Hall/in place right, in place left, side right, close left to end Closed Position facing Center of Hall; side right, close left, side right, close left;

WOMAN: Appel on left, side right to Semi-Closed Position Line of Dance, thru left turning right face, forward right to Closed Position man facing Reverse Line of Dance; forward left turning right face, forward right outside partner spin right face, close left partner outside continue turn to Closed Position man facing Wall, side right/close left; side and forward right, forward left outside partner spin left face, close right partner outside continue turn to Closed Position man facing Center of Hall, side left/close right; side and forward left, forward right outside partner spin right face, close left partner outside continue turn to Closed Position man facing Wall, side right/close left; side and forward right, forward left outside partner spin left face, close right partner outside, side and forward left to Left Open Position facing Line of Dance; forward right ball of foot to Line of Dance turning body 1/8 left face into press line, -, -, -; forward right small step turning right face/continue right face spin on right under joined hands close left facing Wall, in place right, side left, close right to Closed Position man facing Center of Hall; side left, close right, side left, close right;

NOTE: Extended Closed Position hold thru step 22, step 23 is to Left Open Position, regain Closed Position on step 27, 28 or 29 and end in Closed Position.

ROUNDALAB STANDARD
Phase VI of Round Dancing

PASO DOBLE

# Farol	none	Farol
1,2,3,4;		APPEL, SD TO SCP, THRU TRN, SD & BK TRN;
1,2,3,4;		BK, BK TRN, CL TRN, IN PLC;
-, -, -, -;		-, -, -, -;
-, -, 3,-;		-, -, BK, TCH;
-, -, 3,4;		-, -, SD, CL;
(1,2,3,4;		(APPEL, SD TO SCP, THRU TRN, FWD;
1,2,3,4;		FWD, FWD, FWD TRN, BK PRESS;
1,2,3,4;		FWD, FWD, FWD TRN, FWD SPRL;
1,2,3,-;		FWD TRN, FWD TRN, FWD TRN, TRN PRESS;
1,-,3,4;)		FWD SPN, TCH, SD, CL;)

MAN: Appel on right, side left to Semi-Closed Position, thru right commencing to turn right face, side and slightly back left completing 1/4 to 3/8 right face turn to Closed Position; back right with right side leading, back left partner outside commence to turn right face, close right completing 1/4 right face turn, in place left to double handhold position extending arms and raising right hand and lowering left hand to lead woman to step back in a press line; holding position with feet together slowly bring woman to man's left side by further raising right hand and lowering left hand -, -, -, lead woman's spiral -; lower right behind head to below waist level to lead woman to pass behind man -, release joined lead hands -, back left bringing joined trailing hands back to lead woman's turn and release, touch right to left without weight in L-Position touch lead hands in front of man -; release hand hold and lead woman's free spin -, assume Closed Position -, side right, close left;

WOMAN: Appel on left, side right to Semi-Closed Position, thru left, forward right in Closed Position; forward left with left side leading, forward right outside partner, forward left turning 1/2 right face to end backing Line of Progression, back right to double handhold with arms extended in L-Position flex left leg and press ball of foot into floor with toe of left foot in line with heel of right foot; forward left, forward right, forward left turning 1/8 left face, forward right towards man's left side spiraling 7/8 left face; forward left behind man's back commencing to turn left face, forward right behind man's back completing 1/4 left face turn, forward left passing man's right side turning 1/8 left face, continue left face body turn taking no weight on right to L-Position flex right leg and press ball of foot into floor with toe of right foot in line with heel of left foot; taking weight on right spin 3/4 right face, touch left to right with no weight, side left, close right to left;

NOTE: Figure starts and ends in Closed Position. Double handhold on counts 8 thru 13 [man's left & woman's right hand; man's right & woman's left hand]. This figure was developed to be a short version of the Fregolina by omitting measures 4 and 5 from the Fregolina definition.

PASO DOBLE

ROUNDALAB STANDARD

Phase VI of Round Dancing

Fregolina

1,2,3,4;

1,2,3,4;

-, -, -;

-, -, -;

-, -, -;

-, -, 3, -;

-, -, 3, 4;

(1,2,3,4;

1,2,3,4;

1,2,3,4;

1,2,3,4;

1,2,3,4;

1,2,3, -;

1, -, 3, 4;)

none

Fregolina

APPEL, SD TO SCP, THRU TRN, SD & BK TRN;

BK, BK TRN, CL TRN, IN PLC;

-, -, -, -;

-, -, -, -;

-, -, -, -;

-, -, BK, TCH;

-, -, SD, CL;

(APPEL, SD TO SCP, THRU, FWD;

FWD, FWD, FWD TRN, BK PRESS;

FWD, FWD, FWD TRN, FWD SPRL;

FWD, XIF, BK & SD, BK PRESS;

FWD, SD, XIB, BK PRESS;

FWD TRN, FWD TRN, FWD TRN, PRESS;

FWD SPN, TCH, SD, CL;)

MAN: Appel on right, side left to Semi-Closed Position, thru right commencing to turn right face, side and slightly back left completing 1/4 to 3/8 right face turn to Closed Position; back right with right side leading, back left partner outside commence to turn right face, close right completing 1/4 right face turn, in place left to double handhold position extending arms and raising right hand and lowering left hand to lead woman to step back in a press line; holding position with feet together slowly bring woman to man's left side by further raising right hand and lowering left hand -, -, -, lead woman's spiral -; holding position lower right hand behind head below waist level to lead woman to pass behind man to his right side and shape toward partner-, -, -,-; holding position with feet together led woman to pass behind man to his left side and shape toward partner -, -, -,-; holding position with feet together lead woman to pass behind man toward his right side -, release joined lead hands -, back left bringing joined trailing hands back to lead woman's turn and release, touch right to left without weight in L-Position touch lead hands in front of man -; release hand hold and lead woman's free spin -, assume Closed Position -, side right, close left;

WOMAN: Appel on left, side right to Semi-Closed Position, thru left, forward right in Closed Position; forward left with left side leading, forward right outside partner, forward left turning 1/2 right face to end backing line of progression, back right to double handhold with arms extended in L-position flex left leg and press ball of foot into floor with toe of left foot in line with heel of right foot; forward left, forward right, forward left turning 1/8 left face, forward right towards man's left side spiraling 7/8 left face; forward left passing man's left side, cross right in front to Back to Back Position, side and slightly back left to man's right side [partners in side by side position facing opposite directions], back right flex left leg and press ball of foot into floor with toe of left foot in line with heel of right foot [partners look at one another]; forward left, side right in Back to Back Position, cross left in back to man's left side [partners in side by side position facing opposite directions], back right flex left leg and press ball of foot into floor with toe of left foot in line with heel of right foot [partners look at one another]; forward left behind man's back commencing to turn left face, forward right behind man's back completing 1/4 left face turn, forward left passing man's right side turning 1/8 left face, continue left face body turn taking no weight on right to L-position flex right leg and press ball of foot into floor with toe of right foot in line with heel of left foot; taking weight on right spin 3/4 right face, touch left to right with no weight -, side left, close right to left;

NOTE: The figure starts and ends in Closed Position. Double handhold on counts 8 thru 22 [man's left & woman's right hand; man's right & woman's left hand].

ROUNDALAB STANDARD
Phase VI of Round Dancing

PASO DOBLE

La Passe

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

none La Passe
APPEL, SD, THRU TRN, SD & BK;
BK TRN, BK TRN, FWD, -;
-, FWD, -, -;
FWD, -, -, CL;
(APPEL, SD, THRU TRN, FWD;
FWD TRN, FWD, SD & BK TRN, SD;
FWD, SD & BK TRN, SD, FWD;
SD & BK, SD, FWD, CL;)

MAN: Appel on right, side left to Semi-Closed Position, thru right turning right face, side and back left to Closed Position; back right turning right face, back left partner outside continue turn, forward right, -, -, forward left, -, -; forward right, -, -, close left;

WOMAN: Appel on left, side right to Semi-Closed Position, thru left turning right face, forward right to Closed Position; forward left turning right face, forward right outside partner, side and back left turning right face, side right; forward and across man on left, side and back right turning left face to Reverse Semi-Closed Position, side left, forward and across man on right; side and back left turning right face to Semi-Closed Position, side right, forward left toward partner, close right;

NOTE: Starts in Closed Position, step 2 to Semi-Closed Position, step 4 to Closed Position, step 6 woman outside partner, step 8 to Semi-Closed Position, step 11 to Reverse Semi-Closed Position, step 14 to Semi-Closed Position. On steps 7 thru 14 woman is moving back and forth across man alternately to Semi-Closed, Reverse Semi-Closed and to Semi-Closed Positions. Steps 15 and 16 are to Closed Position.

Syncopated Separation

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

sync separation Syncopated Separation
APPEL, FWD, CL, IN PLC; XIB, XIB, XIB, XIB;
CL/PT, CL/PT, BHD TRN, TRN SD/XIF;
TWST, CONT TWST, CONT TWST, CONT TWST;
FWD TRN, SD TRN, CL, IN PLC;
(APPEL, BK, BK, CL; XIF, XIF, XIF, XIF;
CL/PT, CL/PT, FWD TRN, TRN SD/XIB;
TRN SD & FWD, FWD, FWD, FWD TRN;
BK TRN, SD TRN, CL, IN PLC;)

MAN: Appel right, forward left, close right, in place left; cross right in back of left, cross left in back of right, cross right in back of left, cross left in back of right; close right/point left to side, close left/point right to side, cross right behind left turning left face, continue to turn side left/cross right in front of left; twist left face allowing feet to uncross, continue twist left face, continue twist left face, continue twist left face ending with weight on right; forward left turning left face, side right continue turn, close left, in place right;

WOMAN: Appel left, back right, back left, close right; cross left in front of right, cross right in front of left, cross left in front of right, cross right in front on left; close left/point right to side, close right/point left to side, forward left turning left face across in front of partner ending outside partner on his left side, continue turn side right/cross left in back of right; turning right face side and forward right to Semi-Closed Position, forward left, forward right, forward left turning left face to Closed Position; back right turning left face, side left continue turn, close right, in place left;

NOTE: Starts and ends in Closed Position. Up to 1-1/2 left turn may be made.

Traveling Spins from Counter Promenade

trav spns from counter PROM

Traveling Spins from Counter
Promenade

1,2,3,4;

APPEL, SD, THRU TRN, TRN SD & BK;

1,2,3,4;

SD TO RSCP, THRU, SD & FWD, THRU;

1,2,

SD & FWD, SD TO SCP,

(APPEL, SD, THRU TRN, FWD TRN;

SD SPRL, FWD TRN, SD SPRL, FWD TRN;

SD & BK, SD,)

MAN: Appel right, side left to Semi-Closed Position, thru right turning right face, side and back left continue turn; side right to Reverse Semi-Closed Position release hold with right hand, thru left, side and forward right, thru left; side and forward right to Closed Position, side left to Semi-Closed Position,

WOMAN: Appel left, side right to Semi-Closed Position, thru left turning right face, forward right continue turn; side left to Reverse Semi-Closed Position spiral right face, forward right continue turn, side left spiral right face, forward right continue turn; side and back left to Closed Position, side right to Semi-Closed Position,

NOTE: Starts in Closed Position facing Wall and ends in Semi-Closed Position facing Center of Hall. Step 5 is to Reverse Semi-Closed Position facing Line of Dance and step 9 is to Closed Position facing Line of Dance. Woman spirals turning under joined man's left and woman's right hands.

Traveling Spins from Promenade

trav spns from PROM

Traveling Spins from Promenade

1,2,3,4;

APPEL, SD TO SCP, THRU, SD & FWD;

1,2,3,4;

THRU, SD & FWD, THRU, SD & FWD;

(APPEL, SD, THRU SPRL, FWD;

THRU SPRL, FWD, THRU SPRL, FWD;)

MAN: Appel right, side left to Semi-Closed Position, thru right release hold with right hand, side and forward left; thru right, side and forward left, thru right, side and forward left to Semi-Closed Position;

WOMAN: Appel left, side right to Semi-Closed Position, thru left spiral right face, forward right; thru left spiral right face, forward right, thru left spiral right face, forward right to Semi-Closed Position;

NOTE: Starts in Closed Position facing Wall, ends in Semi-Closed Position facing Line of Dance. Woman spirals turning under joined man's left and woman's right hands.

ROUNDALAB STANDARD
Phase VI of Round Dancing

QUICKSTEP

Rumba Cross
QQS; S

RB X Rumba Cross
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 may vary depending on choreography.

Spin and Double Twist

SS; S&--;
SS&; --S;
S
(SS;
S&S;
SS&;
SS; S)

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 fourth and eighth steps turning square to the man on seventh and last step. 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 of SS; SQQ; SS; QQS; S may be used.

QUICKSTEP

ROUNDALAB STANDARD

Phase VI of Round Dancing

Spin and Twist

SS; S&--;

SS;

(SS;

S&S;

SS;)

spn & twst

BK TRN, -, FWD TRN, -; SD, -/XIB, UNWIND, -;

UNWIND, -, BK & SD, -;

(FWD TRN, -, BK TRN, -;

CL HEEL TRN, -/FWD TRN, FWD TRN, -;

FWD TRN, -, FWD, -;)

Spin & Twist

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 fourth step turning square to the man on the last step. 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 of SS; SQQ; SS; may be used.

Telespin to Banjo Position

SS; S&S; SS;

telespn to BJO

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

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

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

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

Telespin to Banjo

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: Usually 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.

ROUNDALAB STANDARD
Phase VI of Round Dancing

QUICKSTEP

Telespin to Closed Position

SS;
S&S; SS;

telespn to CP Telespin to Closed
FWD TRN, -, FWD & SD TRN, -;
SD & BK, -/SPN, CONT SPN, -; SD TRN, -, BK, -;
(BK TRN, -, HEEL TRN, -; TRN FWD, -/FWD,
FWD TRN, -; TOE SPN CL, -, FWD, -;)

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 [no sway], -; side right continue left face turn [no sway], -, back left [no sway], -;

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, -, forward right, -;

NOTE: Usually starts in Closed Position facing Diagonal Line of Dance and Center of Hall and ends in Closed Position facing Reverse Line of Dance. Normally the figure turns 1 3/8 left face. Woman may keep head left throughout or may turn it right on third step and back to left for closing step.

Telespin to Semi-Closed Position

SS;
S&S; SS;

telespn to SCP Telespin to Semi-Closed
FWD TRN, -, FWD & SD TRN, -;
SD & BK, -/SPN, CONT SPN, -; SD TRN, -, BK, -;
(BK TRN, -, HEEL TRN, -; TRN FWD, -/FWD,
FWD TRN, -; TOE SPN CL, -, FWD, -;)

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 Semi-Closed Position Diagonal Line of Dance and Wall [with right side stretch], -;

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 & forward right to Semi-Closed Position Diagonal Line of Dance and Wall [with left side stretch], -;

NOTE: Usually starts in Closed Position facing Diagonal Line of Dance and Center of Hall and ends in Semi-Closed Position facing Diagonal Line of Dance and Wall. Normally figure turns 1 3/4 left face. Woman may keep head left throughout and turn to open on last step or may turn it right on third step and keep it open.

QUICKSTEP

ROUNDALAB STANDARD

Phase VI of Round Dancing

Throwaway Oversway thrwy ovrsway Throwaway Oversway
S 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 is back and woman's first step is 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.

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

MAN: Forward left with contra body motion with upper body turned to the left [with right side stretch], -, close right rising to toes [no sway], -; forward left in Semi-Closed Position [with right side stretch], -,

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 & 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.

Tumble Turn tumble trn Tumble Turn
SS; QQ 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.

V-6 V-6 V-6
QQS; SQQ; BK, LKIF, BK, -; BK, -, BK TRN, SD & FWD;
 (FWD, LKIB, FWD, -; FWD, -, FWD TRN, SD & BK;)

MAN: With right side lead back right [Banjo with right side stretch], lock left in front of right [with right side stretch], back right [with right side stretch], -; back left [with right side stretch], -, back right turning left face [no sway], side and forward left [Banjo with left side stretch];

WOMAN: With left side lead forward left, lock right in back of left, forward left, -; forward right outside partner, -, forward left turning left face, side and back right;

NOTE: Starts in Banjo facing Diagonal Reverse Line of Dance and Wall. Ends Banjo Position facing Diagonal Line of Dance and Wall.

- # Advanced Sliding Door** adv sldg dr Advanced Sliding Door
 QQS; - - S; FWD, REC, XIB, -; LOWER, RISE, CL, -;
 (QQS; QQS;) (BK, REC, FWD, -; SD & FWD, REC, BK, -;)
MAN: Forward left on ball of foot pressure into floor with 1/8 body turn to right, recover right with 1/8 body turn to left, cross left behind right turning 1/8 left face, -; compress into left knee allowing pointed right foot to slide to side no weight change, rise turning body 1/8 right face, close 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, -; 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, -;
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.
- # Ballerina Wheel** ballerina whl Ballerina Wheel
 QQS; QQS; FWD, FWD, FWD, -; FWD, FWD, FWD, -;
 (HOLD, -, -, -; CONT HOLD, -, -, -;)
MAN: Forward left, right, left, -; forward 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.
- # Circular Hip Twist** circular hip twst Circular Hip Twist
 QQS; FWD, REC, XIB, -;
 QQS; SD & BK TRNG, XIB TRNG, SD & BK TRNG, -;
 QQS; XIB TRNG, SD & BK TRNG, CL, -;
 (SWVL BK TRN, REC TRN, FWD TRN, -;
 SWVL FWD TRN, SWVL FWD TRN, SWVL FWD TRN, -;
 SWVL FWD, SWVL FWD, SWVL FWD, -;)
MAN: Forward left, recover right, cross left in back of right, -; side and back right making 1/8 left face turn lead woman to swivel right face, cross left in back of right turning and backing left face lead woman to swivel left face, side and back right turning left face lead woman to swivel right face, -; cross left in back of right turning left face lead woman to swivel left face, side and back right turning left face lead woman to swivel right face, close left lead woman to swivel left face, -;
WOMAN: Swivel on left step back right turning 1/2 right face, recover left start left face turn, forward right outside partner completing 5/8 left face turn, -; swivel 1/2 right face step forward left, swivel 1/2 left face step forward right, swivel 1/2 right face step forward left, -; swivel 1/2 left face step forward right, swivel 1/2 right face step forward left, swivel 1/2 left face step forward right to face, -;
NOTE: Standard figure begins and ends in Closed Position. Couple usually rotates 1 full turn to the left.

ROUNDALAB STANDARD
Phase VI of Round Dancing

RUMBA

Continuous Hip Twist cont hip twst Continuous Hip Twist
QQS; QQS; FWD, REC, XIB, -; BK, REC, FWD, -;
 (SWVL BK, REC SWVL, FWD SWVL, -;
 FWD SWVL, FWD, FWD, -;)

MAN: Forward left on ball of foot with pressure into floor and slight body turn to right, recover right, cross left in back of right turning 1/8 left face with push action but do not allow weight to drop back, -; back right, recover on left commencing right face turn, forward right to woman's right side completing 1/4 right face turn, -;

WOMAN: On weighted foot swivel 1/2 right face back right, recover left swivel 5/8 left face, forward right outside partner swivel 1/4 right face, -; forward left swiveling left face, forward right outside partner, forward left in Banjo Position, -;

NOTE: The figure starts with an Advanced Hip Twist. It then turns 1/4 right face and ends in Banjo Position. Man commonly continues to turn right face 1/8 into the following figure, which completes a 1/4 right face turn from the original facing direction. In choreography, the figure, or a portion of it, may be repeated.

Continuous Natural Top cont nat top Continuous Natural Top
QQS; QQS; BHD, SD, BHD,-; SD, BHD, SD,-;
QQS; BHD, SD, CL,-;
 (SD, XIF, SD,-; FWD SWVL, FWD, FWD,-;
 FWD, FWD SWVL, SD, -;)

MAN: Cross right in back of left, side left, cross right in back of left, -; side left with left side stretch to lead woman's underarm swivel, cross right in back of left, side left, -; cross right in back of left, side left with left side stretch to lead woman's underarm swivel, close right, -;

WOMAN: Side left, cross right in front of left, side left ending in closed position, -; forward right spiraling left face turn to Banjo Position, forward left, forward right, -; forward left, forward right spiraling left face turn to face partner, side left, -;

NOTE: Figure starts and ends in Closed Position with two or more revolutions to the right. Woman's turns are underarm spirals to the left.

Curl none Curl
QQS; FWD, REC, CL, -;
 (BK, REC, FWD TRN, -;)

MAN: Forward left, recover right, close left leading woman to turn [swivel] left face under raised left hand, -;

WOMAN: Back right, recover left, forward right start left face turn, continue turn to complete 1/2 to 5/8 turn in front of man and facing the same direction, -;

NOTE: Man's figure is a Forward Cucaracha. 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 ended with the free foot and legs "wound up" ankles close together. A "spiral action" may involve less turn. The Curl may be danced from Fan, Left Open Facing, Butterfly or following a Hockey Stick. Each varies slightly in execution but retains the same essential characteristics. The description is from Open Facing Position. The Curl properly belongs to the Rumba, however it may be danced in the Cha Cha.

Full Reverse Top

QQS;
 QQS;
 QQS;

full rev top	Full Reverse Top	
	FWD & SD TRN, SWVL TRN, FWD & SD TRN, -;	
	SWVL TRN, 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, SD, -;)	

MAN: 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, side left, -;

NOTE: Starts and ends in Closed Position. Rotates approximately 1 1/2 revolutions to left.

Horse and Cart

QQQ, -;
 -, -, -, -;
 (QQQ&Q&;
 Q&Q&Q&Q;)

none	Horse and Cart	
	FWD, REC, BHD/SWVL, -;	
	RONDE, -, -, -;	
	(RK BK, REC, FWD/FWD, FWD/FWD;	
	FWD/FWD, FWD/FWD, FWD/FWD, FWD;)	

MAN: Starting in Skaters Position with man's right hand on the front of woman's right hip bone forward left with slight body turn right, recover right commence body turn to left, left behind right with toe turned out, continue turn to left and swivel 3/8 to left on both feet; -; extend right to side without weight using a slight ronde action, continue to turn left on left foot with left knee flexed and right leg straight and inside edge of right toe skimming the floor making up to two revolutions, -, -, -;

WOMAN: Back right with body turn to right, recover left commencing body turn to left, then take 11 small running steps forward circling to the left around the man right/left, right/left; right/left, right/left, right/left, right;

NOTE: Less revolution may be made and woman may take less than 11 steps as long as it is an odd number of steps.

ROUNDALAB STANDARD
Phase VI of Round Dancing

RUMBA

Rope Spin

&; QQS; QQS;

rope spn

Rope Spin

/SHAPE; SD, REC, CL, -; SD, REC, CL, -;

(/SPRL; FWD, FWD, FWD, -; FWD, FWD, 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, close left, -; side right, recover left, close 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 to man's right side; moving clockwise around man forward right, forward left, forward right, -; forward left, forward right, 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.

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

Same Foot Lunge

1 Step

same ft lun

Same Foot Lunge

FWD

(BK)

MAN: Side and slightly forward right looking right

WOMAN: Back right well under body turning body to left and looking well to left

NOTE: Timing and exits will vary. Man 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 right.

Three Alemanas

QQS;

QQS;

QQS;

QQS;

3 alemanas

Three Alemanas

FWD, REC, CL, -;

BK, REC, CL, -;

SD, REC, CL, -;

BK, REC, CL, -;

(CL, FWD, FWD TRN, -;

TRN FWD, FWD TRN, FWD TRN, -;

TRN FWD, FWD, FWD TRN, -;

TRN FWD, FWD TRN, FWD TRN, -;)

MAN: Forward left, recover right, close left, -; back right, recover left, close right, -; side left, recover right, close left, -; back right, recover left, close right, -;

WOMAN: Close right, forward left, forward right starting a right face turn, -; continue right face turn forward left, forward right, forward left [completing 1 3/4 right face turn], -; starting a sharp left face turn forward right, forward left, forward right [completing 1 1/2 left face turn], -; starting a sharp right face turn forward left, forward right, forward left [completing 1 full turn], -;

NOTE: May start from a Fan Position as described above or from Open Facing. Man's figure is basically a forward and back Cucaracha, a side Cucaracha, and a back Cucaracha. For the woman, steps 1 - 6 [can be] the same as 1 - 6 of an Alemana, steps 7 - 9 [can be] an Underarm Turn to the left, steps 10 - 12 [may be] the same as 4 - 6 of an Alemana turn to the right.

RUMBA

ROUNDALAB STANDARD Phase VI of Round Dancing

Three Threes

QQS; QQS;
QQS;
QQS;

3 3s Three Threes
FWD, REC, CL, -; BK, REC, CL, -;
SD & FWD, REC, CL, -;
BK, REC, FWD, -;
(BK, FWD, FWD SWVL, -; STP, STP, STP SPN, -;
SD & BK, REC, FWD SWVL, -;
FWD SWVL, FWD SWVL, FWD, -;)

MAN: Forward left, recover right, close left, -; back right, recover left, close right, -; side and forward left, recover right, close left, -; back right, recover left, forward right, -;

WOMAN: Back right, forward left, forward right swivel right face 1/2, -; in place left, in place right, in place left spin left face 1 full turn, -; side and back right, recover left, forward right swivel 1/2 right face, -; forward left swivel 1/2 right face, forward right swivel 1/2 right face, forward left, -;

NOTE: Lead woman forward in step 2 to turn to right on step 3 releasing left hand, place both hands on woman's shoulders. On step 6 release hands from woman's shoulders for spin. Replace hands on woman's shoulders on step 7 and on step 8 release both hands. Starts and ends in Open Facing Position. Woman's first step of first measure could be "close right".

Turkish Towel

QQS; QQS;
QQS; QQS;

none Turkish Towel
FWD, REC, CL, -; BK, REC TRN, SD, -;
BK, REC, SD, -; BK, REC, SD, -;
(BK, REC, SD & FWD, -;
FWD TRN, FWD TRN, FWD TRN,-;
FWD, REC, SD, -; FWD, REC, SD, -;)

MAN: Forward left, recover right, close left raising joined hands to lead woman's alemana turn, -; back right, recover left turning 1/4 left face, 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 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 to modified Man's Varsouvienne Position, -;

WOMAN: Back right, recover left, forward and side right commence right face turn, -; continue right face turn under joined lead hands forward left, continue right face turn forward right, forward left completing a 1-1/4 right face alemana turn around 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 to man's right side [modified Man's Left Varsouvienne Position], -; check forward left shaping to partner, recover right, side left to man's left side [modified Man's Varsouvienne Position], -;

NOTE: Starts in Handshake Position and right hands are kept joined throughout entire figure. On step 5 the man turns 1/4 left face to facilitate woman's movement to his left side. 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.

ROUNDALAB STANDARD
Phase VI of Round Dancing

SAMBA

SB. SAMBA

CHARACTERISTICS: In round dancing, the Samba rhythm is denoted using 4/4 timing. Samba is danced using a Latin hold. The dance travels - not the dancer. The body does most of the movement, not the feet due to the quickness of the rhythm. Several rhythm counts are used in Samba: SaS; [1a,2]; SS; [1,2]; SQQQQQ; [1,2&,3&,4&]; SaSaSaS; [1a,2a,3a,4]; SQQ; [1,2&]; QQS; [1&,2]; SSQQS; [1,2,3&,4;]. The steps are taken on the balls of the feet with a momentary ball flat. The Samba bounce actions occur on the last 1/4 beat of the preceding bar or figure and counted as an "a".

Click figure title to go to definition.

Cruzado	Rolling Off the Arm	
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<p># Cruzado 1,2&,3,4&; 1,2&,3,4&;</p>	<p style="text-align: center;">none</p>	<p style="text-align: center;">Cruzado</p> <p>BK, XIB TRN/SD & FWD, FWD, XIF TRN/SD & BK; BK, XIB TRN/SD & FWD, FWD, XIF TRN/SD & BK; (FWD, XIF TRN/SD & BK, BK, XIB TRN/SD & FWD; FWD, XIF TRN/SD & BK, BK, XIB TRN/SD & FWD;)</p>
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MAN: Back left, cross right in back loosely turning 1/4 left face/side and forward left, forward right outside partner, cross left loosely in front of right turning 1/4 left face/side and back right; back left, cross right in back loosely turning 1/4 left face/side and forward left, forward right outside partner, cross left loosely in front of right turning 1/4 left face/side and back right;

WOMAN: Forward right outside partner, cross left in front loosely turning 1/4 left face/side and back right, back left, cross right in back loosely turning 1/4 left face/side and forward left; forward right outside partner, cross left in front loosely turning 1/4 left face/side and back right, back left, cross right in back loosely turning 1/4 left face/side and forward left;

NOTE: Figure starts in loose Closed Position, woman outside on steps 1 and 7 and man outside on steps 4 and 10. One full turn left face over entire figure. Crossing steps are Latin Crosses.

<p># Rolling Off the Arm 1a,2,3a,4;</p>	<p style="text-align: center;">none</p>	<p style="text-align: center;">Rolling Off the Arm</p> <p>SD/XIB, REC, SD/XIB, REC; (FWD TRN/SD, SD, FWD TRN/SD, SD;)</p>
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MAN: Side left/cross right in back, recover left, side right/cross left in back, recover right;

WOMAN: Forward right turning right face/side left continue turn, side right, forward left turning left face/side right continue turn, side left;

NOTE: Starts in Wrapped Position [see Glossary]. Release man's left and woman's right hands on first step. Woman has full turn to right on first 2 steps and full turn to the left on steps 4 and 5. No turn for the man, ends in Wrapped Position. May end figure in Closed Position by turning woman 1 1/2 turns left face on last 3 steps to end in front of man in Closed Position. Or by turning woman 1 1/4 turns left face on last 3 steps and man turning 1/4 right on last 3 steps to Closed Position.

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ROUNDALAB STANDARD
Phase VI of Round Dancing

SLOW TWO STEP

ST. SLOW TWO STEP

CHARACTERISTICS: In round dancing, the Slow Two Step rhythm is denoted using 4/4 timing. When using 6/8 music, it is denoted in 4/4 and danced with syncopation. Timing is SQQ; with no rise and fall. The second step is usually placed behind and in line with the supporting foot.

In box, click figure title to go to definition.

Pull Pass		
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Pull Pass

none

Pull Pass

SS;

BK, -, SD & BK TRN, -;

(SQQ;)

(FWD, -, FWD, FWD;)

MAN: Strong back left allowing hand hold to rise and arms to extend, -, side and back right lowering hand hold turning 1/4 to 3/8 right face [to clear a path for the woman] leaving left foot pointed side and back and leading woman to pass on man's right side to end just past man's left side in a position nearly perpendicular to the man, -;

WOMAN: Forward right delaying forward body movement to cause hand hold to rise and arms to extend, -, forward left, forward right moving just past man's left side to end in a position nearly perpendicular to him;

NOTE: The figure begins and ends in low double handhold. At the end of step 1, the arms are extended and there is tension between the partners. On the man's second step the hands are lowered accelerating the woman's second and third steps. Both partners must have good tone in the arms so that the partner positions are maintained. The pass is actually completed on the first step of the next figure.

SLOW TWO STEP

ROUNDALAB STANDARD
Phase VI of Round Dancing

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TANGO

ROUNDALAB STANDARD Phase VI of Round Dancing

Double Open Promenade dbl op prom Double Open Promenade
SQQ; SD & FWD, -, FWD, SD & FWD;
QQS; FWD, SD & FWD, FWD, -;
 (SD & FWD, -, FWD, SD & BK TRN;
 TRN FWD, SD & BK, BK, -;)

MAN: Side and forward left, -, forward right, side and forward left; forward right, side and forward left, forward right to Banjo, -;

WOMAN: Side and forward right, -, forward left, side and back right turning left face to Closed Position; turning to Semi-Closed Position forward left, side and back right turning left face to Closed Position, back left to Banjo, -;

NOTE: Starts in Semi-Closed Position, woman turns to Closed Position between steps 2 and 3, woman turns to Semi-Closed Position between steps 3 and 4, woman turns to Closed Position between steps 4 & 5, ends in Banjo.

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

MAN: From Closed Position forward left turning body left face, -, side right continuing turn, side and forward left to complete 7/8 turn; forward right with a heel lead starting a left turn/forward left continuing turn, side and forward right, continue turn side and forward left to tight Semi-Closed Position completing the second 7/8 turn, -;

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 a 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 on the right toe. She transfers to her left foot on step 6 and continues the turn on her left toe.

ROUNDALAB STANDARD
Phase VI of Round Dancing

TANGO

Four by Five Step

QQQQ;
QQQQ;
S

4 by 5 stp Four by Five Step
FWD, SD & BK, BK & SWVL, CL;
FWD, SD & BK, BK, BK;
TRN TAP [SCP NO WGT], -,
(BK, SD & FWD, FWD & SWVL, SD & BK;
BK, SD & FWD, FWD, FWD;
SWVL TAP, -.)

MAN: Forward left, turning left face side and back right, back left outside partner to Banjo Position, swiveling right face on left close right to left ending in Sidecar Position; forward left outside partner, turning left face side and back right, back left outside partner to Banjo Position, back right small step to Closed Position; turn hips and body slightly right face with no weight change to lead woman to Semi-Closed Position and tap left forward, -,

WOMAN: Back right, turning left face side and forward left, forward right outside partner to Banjo Position, swiveling right face on right side and back left ending in Sidecar Position; back right, turning left face side and forward left, forward right outside partner to Banjo Position, forward left small step; turn to Semi-Closed Position with no weight change and tap right forward, -,

NOTE: Starts in Closed Position and ends in Semi-Closed Position. This figure turns left face 1/4 to 3/4 depending on choreography. When a greater amount of turn is required, the step is cued as "Turning Four by Five Step". Timing may vary depending on choreography and styling.

Natural Pivot Turn

SQQ; S

nat pvt trn Natural Pivot Turn
SD & FWD, -, FWD TRN, SD & BK PVT; FWD & SD, -,
(SD & FWD, -, FWD, FWD PVT; SD & BK, -.)

MAN: Side and forward left, -, forward right turning right face to Closed Position facing Reverse Line of Dance, side and back left pivoting right face to face Line of Dance; forward and side right with a slight lunge, -,

WOMAN: Side and forward right, -, forward left, forward right between man's feet pivot right face; side and back left with a slight lunge, -,

NOTE: Starts in Semi-Closed Position, Closed Position on step 2, ends in Closed Position. Makes 3/4 to 1 full turn over entire figure.

Natural Promenade Turn

SQQ; S

nat prom trn Natural Promenade Turn
SD & FWD, -, FWD TRN, SD & BK PVT; FWD, -,
(SD & FWD, -, FWD, FWD PVT; BK TRN, -.)

MAN: Side and forward left, -, forward right turning right face to Closed Position facing Reverse Line of Dance, side and back left pivoting right face to face Line of Dance; forward right to Semi-Closed Position, -,

WOMAN: Side and forward right, -, forward left, forward right between man's feet pivoting right face; back left turn to Semi-Closed Position, -,

NOTE: Starts in Semi-Closed Position, Closed Position on step 2, ends in Semi-Closed Position. 3/4 to 7/8 turn to the right over entire figure.

TANGO

ROUNDALAB STANDARD Phase VI of Round Dancing

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

MAN: Side and forward left, -, forward right turning right face, side and back left to Closed Position facing Reverse Line of Dance; cross right in back of left with no weight on right, -, unwind right face with weight now on both feet, continue unwinding right face allowing feet to uncross and changing weight to right and ending in Semi-Closed Position facing Diagonal Line of Dance and Center of Hall;

WOMAN: Side and forward right, -, forward left, forward right between man's feet to Closed Position; forward left in CBMP around man, -, forward right toward Diagonal Reverse Line of Dance and Wall around man, swivel sharply right face on right and close left near right and slightly back ending in Semi-Closed Position;

NOTE: Starts in Semi-Closed Position, woman outside partner on twist part of figure, ends in Semi-Closed Position facing Diagonal Line of Dance and Center of Hall. Man must be careful not to rise during the twist turn. Figure turns 7/8 to right. Timing may be SQQ; QQS;

Reverse Pivot rev pvt Reverse Pivot
S or Q or & BK TRN
 (FWD TRN)

MAN: Back right small step with toes turned in pivoting to the left on ball of right foot while holding left foot forward. Weight should be kept forward.

WOMAN: Forward left small step pivoting to the left on ball of left foot while holding right foot back.

NOTE: This is a 1-step figure used in place of a heel turn to make a quick turn to the left. There is no rise and fall and no body sway. Amount of turn is usually 1/2 but may be less.

Ronde and Slip ronde & slp Ronde & Slip
SQQ; RONDE, -, XIB, SLP BK;
 (RONDE, -, XIB TRN, FWD TRN;)

MAN: Ronde left counterclockwise and cross behind right no weight, -, back left and rise turning left face, slip back small right step keeping left leg extended;

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.

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, -,

WOMAN: Back left turning right face to Semi-Closed Position allowing right leg to ronde clockwise keeping right side into 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 vary.

TANGO

ROUNDALAB STANDARD

Phase VI of Round Dancing

Teleswivel

QQ&S;

teleswvl

Teleswivel

FWD TRN, FWD & SD TRN, BK/SWVL, -;
(BK TRN, CL, FWD/SWVL, -;)

MAN: Forward left commence left face turn, forward and side right continue turn, back left well under body and swivel slightly left face on left allowing right to cross in front no weight [no sway], -;

WOMAN: Back right commence left face turn, bring left to right [heel close], forward right outside partner/swivel right face to Semi-Closed Position, -;

NOTE: Figure usually starts in Closed Position Diagonal Line of Dance and Center of Hall. Timing may vary.

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 the woman and looking at her, -;

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 the man, -;

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

Traveling Swivel

QQQQ; S

trav swvl

Traveling Swivel

FWD TRN, SD SWVL, BK SWVL, THRU; TCH, -,
(BK TRN, HEEL TRN, FWD FLK SWVL, THRU; TCH, -;)

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

WOMAN: Back right turning left face, heel close the 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, forward left to Diagonal Line of Dance and Wall; touch right side and forward, -;

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.

WALTZ

ROUNDALAB STANDARD

Phase VI of Round Dancing

Checked Reverse Slip ckd rev slp Checked Reverse Slip
1,2,3; FWD, FWD TRN CK, TRN REC;
 (BK, CL TRN CK, TRN FWD;)

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

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. Figure usually turns 1/4 to 3/8 right face.

Continuous Hover Cross cont hvr X Continuous Hover Cross
1,2,3; 1,2,3; FWD TRN, TRN SD, TRN SD; FWD, CL, BK;
1,2,3; 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 [with left side stretch], continue right face turn side left Diagonal Line of Dance and Wall facing Diagonal Reverse Line of Dance and Wall [with no sway], 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 [with right side stretch]; forward left across right to Sidecar Position [with right side stretch], close right to left [with right side stretch], back left in Banjo Position [with right side stretch]; back right to Closed Position [with 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 Sidecar Position, side left to Closed Position, forward right to Banjo Position; forward left to Closed Position, side and back right, back left in Banjo Position;

NOTE: Normally not done in Waltz, as it is a Foxtrot figure. Figure starts in Closed Position, Sidecar Position on step 4 to Closed Position on step 5, Banjo Position on step 6 to Closed Position on step 7 and 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. Timing may vary.

ROUNDALAB STANDARD
Phase VI of Round Dancing

WALTZ

Continuous Wing

-, -, -; -, -, -&;
(1,2&,3&; 1&,2&,3&;)

cont wing Continuous Wing
SPN, -, -; CONT SPN, -, -/CL;
(FWD, FWD/FWD, FWD/FWD;
FWD/FWD, FWD/FWD, FWD/FWD;)

MAN: Standing on left in Sidecar Position turn body sharply left face and spin on left foot for two measures taking weight on the right foot on the last "&" count ending in Sidecar Position [right foot may be used to paddle and maintain balance]-, -, -, -/close right;

WOMAN: Forward left commence turning left shaping strongly to partner in a wing like action, run around man right/left, right/left; right/left, right/left, right/left to end in Sidecar Position;

NOTE: Commonly the man's last step of the previous figure is the first step of this figure; however, this varies with choreography. Normally the figure makes 1 and 3/4 revolutions over two measures, but the amount of turn, the number of the woman's steps, and the timing of the woman's steps varies according to choreography.

Double Natural Spin

1,2,3;
(1,2&,3;)

dbl nat Double Natural
FWD, FWD & SD TRN, TCH;
(BK TRN, 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 one full turn], touch right to left Banjo Position;

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 Position;

NOTE: No sway in figure because of spinning action.

Double Reverse Overspin

1,2,-/;&;
(1,2&,3&;)

dbl rev ovrspn Double Reverse Overspin
FWD TRN, FWD & SD, SPN/ FWD TRN;
(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 to complete 1 1/4 to 1 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
 1,2,3; FWD TRN, SD TRN, FWD;
 1&,2,3; FWD/FWD TRN, SD TRN, FWD;
 (BK TRN, 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 a 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.

Link to Semi-Closed Position link to SCP Link to Semi-Closed
 1,2,3; FWD, TCH, FWD;
 (BK TRN, TCH, FWD;)

MAN: Forward right [with left side stretch], touch left to right [no sway], forward left [with right side stretch];

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

NOTE: The figure usually starts in Banjo Position and ends in Semi-Closed Position. There is no turn for the 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.

Pivot to Hairpin pvt to hairpin Pivot to Hairpin
 1,2&,3; 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 Position [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 Position;

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

WALTZ

ROUNDALAB STANDARD

Phase VI of Round Dancing

Rudolph Ronde none Rudolph Ronde
1, 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 man with right leg crossing behind left leg at end of ronde no weight change,

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

Rudolph Ronde and Slip Rudolph ronde & slp Rudolph & Slip
1,2,3; 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 in to the woman [with left side stretch], back left [no sway], back right with rise and continue left face turn [no sway and keeping left leg extended];

WOMAN: Back left turning right face to Semi-Closed Position allowing right leg to ronde clockwise keeping right side in to 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
1&,2,3; 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 may vary depending on choreography.

Running Hover running hvr Running Hover
1,2&,3; FWD, FWD/FWD & SD, FWD;
(BK, BK/BK & SD TRN, FWD;)

MAN: Forward right [no sway], forward left in Closed Position [no sway]/forward and side right [with right side stretch], forward left [no sway];

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.

ROUNDALAB STANDARD
Phase VI of Round Dancing

WALTZ

Running Spin

1,2&,3;

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 continuing right face turn [with left side stretch]/side left [no sway], back right in Banjo Position [with right side stretch];

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

NOTE: Starts in Closed Position facing Reverse Line of Dance, ends in Banjo Position facing Reverse Diagonal Line of Dance and Wall. Timing may vary at choreographer's discretion.

Same Foot Lunge

1,

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 starting with the woman slightly turned to the right.

Spin and Double Twist

1,2,3&; -,2,3&;

-,2,3;

(1,2,3&;

1,2,3&;

1,2,3;)

spn & dbl twst Spin & Double Twist
BK TRN, FWD TRN, SD/XIB; UNWIND, UNWIND, BK & SD/XIB;
UNWIND, UNWIND, BK & SD;
(FWD TRN, BK, 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 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 step 3 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. An alternate timing of 1,2,3; 1/-,2,3; 1/-,2,3; for the man and 1,2,3; 1&,2,3; 1&,2,3; for the woman may be used.

Spin and Twist

1,2,3&;
 -,2,3;
 (1,2,3&;
 1,2,3;)

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

MAN: Back left pivoting right face, forward right 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 step 3 of the 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. An alternate timing of 1,2,3; 1/-,2,3; for the man and 1,2,3; 1&,2,3; for the woman may be used.

Split Ronde

1,2,3;
 (1,2&,3;)

none Split Ronde
 RONDE, XIB CONT TRN, SLP;
 (RONDE, XIB CONT TRN/SD & BK, SLP;)

MAN: Lowering on right ronde left leg counterclockwise turning left face, cross left in back of right continuing to turn left face, continue left face turn slip right back;

WOMAN: Lowering on right ronde left leg counterclockwise turning left face, cross left in back of right continuing to turn left face/side and back right, continuing left face turn slip left in front;

Teleronde

1,2,3; 1,2,3;

none Teleronde
 FWD TRN, FWD TRN, SD & BK; SPN, SD, BK;
 (BK TRN, TRN CL, FWD; FWD RONDE TRN, TRN, FWD;)

MAN: Forward left commencing left face turn [with right side stretch], forward right continuing left face turn [with right side stretch], side and back left keep left side in toward woman [with right side stretch]; spin left face on left [no sway], 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 Semi-Closed Position

1,2,3&; 1,2,3;	telespn to SCP Telespin to Semi-Closed FWD TRN, FWD & SD TRN, SD & BK/SPN; CONT SPN, SD TRN, SD & FWD; (BK TRN, HEEL TRN, TRN FWD/FWD; FWD, TOE SPN CL, SD & FWD;)
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MAN: Forward left commencing left face turn [with 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 [continue right side stretch]/with partial weight commence left face body turn; taking full weight on left spin left face [no sway], side right continue left face turn [no sway], continue left face turn side & forward left to Semi-Closed Position Diagonal Line of Dance and Wall [with right side stretch];

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 & forward right to Semi-Closed Position Diagonal Line of Dance and Wall [with left side stretch];

NOTE: Starts in Closed Position facing Diagonal Line of Dance and Center of Hall and ends in Semi-Closed Position facing Diagonal Line of Dance and Wall. Normally the figure turns 1 3/4 left face. Woman may keep head left throughout and turn to open on last step or may turn it right on third step and keep it open to the end.

Three Fallaways

1,2,3; 1,2,3; 1,2,3;	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;)
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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. Timing may vary with choreography.

ROUNDALAB STANDARD
Phase VI of Round Dancing

WALTZ

Throwaway Oversway thrwy ovrsway Throwaway Oversway
1, 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.

Traveling Contra Check trav contra ck Traveling Contra Check
1,2,3; FWD TRN, CL & RISE, FWD;
 (BK TRN, CL & RISE, FWD;)

MAN: Forward left using contra body motion with upper body turned to the left [with right side stretch], close right & rise to toes [no sway], forward left in Semi-Closed Position [with right side stretch];

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

NOTE: Starts in Closed Position, Closed Position on 1 & 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.

Tumble Turn tumble trn Tumble Turn
1&,2,3; 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.

WALTZ

**ROUNDALAB STANDARD
Phase VI of Round Dancing**

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WEST COAST SWING

ROUNDALAB STANDARD

Phase VI of Round Dancing

Sugar Push Hook Turn

1,2,-,4; 1&,2,

sugar push hk trn Sugar Push Hook Turn

BK, BK, TCH, FWD; XIB TRN/SD, CL,
(FWD, FWD, TCH, BK; STP/STP, STP,)

MAN: Back left, back right, touch left, forward left; hook right behind turning 1/2 right face taking joined hands over man's head releasing woman's right hand letting it slide down the right arm joining hands when reaching right hip/side left, close right and change to man's and woman's right hands joined [woman now behind man in Tandem],

WOMAN: Forward right, forward left, touch right, back right; in place left/right, left [now behind man in Tandem right hands joined],

NOTE: Starts in Left Open Facing Position and ends in Tandem with right hands joined.

Traveling Side Pass

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

trav sd pass Traveling Side Pass

SD, REC, XIB/SD, SD; XIF/SD, CL,
(FWD, FWD TRN, SD TWRL/IN PLC, IN PLC;
XIB/SD, XIF,)

MAN: Side left, recover right raising joined left hands leading Woman to face, cross left in back/side right, small side left while turning upper body left face raising joined right hands and lowering joined left hands to lead woman to twirl left face 1 & 1/2 turns to end with woman in back & slightly to left of man still maintaining double hand hold; cross right in front/side left, close right taking joined left hands over man's head to end in side-by-side position with all hands still joined left hands over right hands,

WOMAN: Forward right, forward left commence left face turn to face partner, twirling 1-1/2 turns left face first under joined left hands and then under joined right hands side right/in place left, in place right to end behind slightly to man left side; cross left behind/side right, cross left in front.

NOTE: Commonly starts in L-shaped Position right hands joined low and left hands joined high [left-left over right-right]. All hands remain joined throughout. Left hands may be joined on step 2; however, this complicates the figure. The figure could start with partners facing in which case the man's first two steps would both be back and he would swivel left face 1/4 on second step. The figure could also start in an over turned position with man and woman both facing the same direction. In this case the man's first step is back turning 1/4 right face and the second step is back clearing the slot. The figure makes 1 1/2 turns to the left for the woman, and ends both facing the same direction with woman to man's right side.

Whip Inside Turn

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

whp insd trn Whip Inside Turn

BK, FWD, SWVL SD /REC TRN, FWD;
XIB TRN, FWD, BK/REC, BK;
(FWD, FWD SWVL, BK/CL, FWD;
FWD TRN, FWD TRN, BK, BK/REC, BK;)

MAN: Back left, forward right moving toward the lady's right side into Loose Closed Position, swivel 1/4 right face on right foot side left [partial weight]/recover right turn 1/4 right face, forward left raising joined lead hands; leading woman's left face underarm turn cross right in back of left commence right face turn, side and forward left complete 1/2 right face turn to face partner in Left Open Facing Position, small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor];

WOMAN: Forward right, forward left turn 1/2 right face, back right/close left, forward right between man's feet; forward left commence left face underarm turn, forward right turn 1/2 left face, small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor];

ROUNDALAB STANDARD
Phase VI of Round Dancing

WEST COAST SWING

Whip Outside Turn

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

whp outsd trn Whip Outside Turn
BK, FWD TRN, SD/REC TRN, FWD;
XIB TRN, FWD, BK/REC,BK;
(FWD, FWD SWVL, BK/CL, FWD;
FWD TRN, FWD TRN, BK/REC, BK;)

MAN: Back left, forward right moving toward the lady's right side into Loose Closed Position, swiveling 1/4 right face on right foot side left [partial weight]/recover right turning 1/4 right face, step forward left raising joined lead hands; leading woman's right face underarm turn cross the right foot behind the left turning right face 1/2, forward left, small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor];

WOMAN: Forward right, forward left turning right face 1/2, back right/close left, forward right between man's feet; forward left spiraling 3/4 right face under joined lead hands, continuing right face turn forward right to face partner, small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor];

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