

**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.**

|                        |                  |   |                                       |
|------------------------|------------------|---|---------------------------------------|
| <b>Chasse<br/>Cape</b> | <b>Fregolina</b> | <b>Syncopated<br/>Separation</b>                  | <b>Traveling Spins from Promenade</b> |
| <b>Farol</b>           | <b>La Passe</b>  | <b>Traveling Spins from<br/>Counter Promenade</b> |                                       |

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

Definitions begin on next page.

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**# 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.

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| # 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**

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**# 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].

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**# 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.