

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.

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.