

ROUNDALAB STANDARD
Phase VI of Round Dancing

RUMBA

RB. RUMBA

CHARACTERISTICS: In round dancing, the Rumba rhythm is denoted using 4/4 timing. Using count of QQS; each step should be taken with pressure on the ball of the foot with knee flexed. As weight is taken onto the ball of the foot, the heel is lowered, the knee straightens and heel of the opposite foot releases as the hips move to the side [always in the direction of the stepping foot]. Most all of the 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. Step 3 is usually taken side and forward or side and back.

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Advanced Alemana	Continuous Hip Twist	Rope Spin
Advanced Hip Twist	Continuous Natural Top	Same Foot Lunge
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Advanced Alemana adv alemana Advanced Alemana
 QQS; FWD, REC, TRN SD, -;
 QQS; XIB TRN, SD TRN, CL, -;
 (BK, REC, SD TRN, -;
 FWD TRN, FWD TRN, FWD TRN TO FC, -;)

MAN: Forward left, recover right, turning 1/8 right face small side left, -; cross right in back of left continue turning right face, side left completing 1/2 right face turn over entire figure, close right, -;

WOMAN: Back right, recover left, small side 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, -;

NOTE: Starts and ends 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 adv hip twst Advanced Hip Twist
 QQS; FWD, REC, XIB, -;
 (SWVL BK, REC SWVL, FWD SWVL, -;)

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 with push action but do not allow weight to drop back, -;

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, -;

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. The hip twist action can take place any time after the woman has completed the third step, but usually occurs on the second half of the fourth beat.

- # 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.

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.