

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.

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