

WALTZ

ROUNDALAB STANDARD

Phase VI of Round Dancing

Checked Reverse Slip

1,2,3;

ckd rev slp Checked Reverse Slip
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

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

1,2,3;

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 [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.

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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.

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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;) |
|-------------------|---|

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;) |
|-------------------------|--|

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.

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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.

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