



ROUNDALAB

**STANDARDS FOR
ROUND DANCING**

**LISTING OF PHASE RATED
ACTIONS, MOVEMENTS & FIGURES
BY PHASE**

ROUNDALAB STANDARD
Listing of Phase Rated Figures by Phase

TABLE OF CONTENTS

CHANGES	2
EXPLANATION OF PHASE RATING SYSTEM	3-4
LISTING OF ACTIONS, MOVEMENTS & FIGURES:	
PHASE I	5
PHASE II	6-8
PHASE III	9-13
PHASE IV	14-19
PHASE V	20-23
PHASE VI	24-26

Note: Hyperlinks have been added to each Phase making it easier to get to the different Phases. To return to the Table of Contents, click on the top of the page [Roundalab Standards].

ROUNDALAB STANDARD
Listing of Phase Rated Figures by Phase

Copies of the following additional manuals, booklets, ROUNDALAB Teaching Videos [RTVs], Digital Video Discs [DVDs] and Figure Video Software [FVS] may be purchased from:

ROUNDALAB
PO Box 1928
Auburn, ME 04211
PHONE: 877 Y I DANCE [877-943-2623] US/CANADA
207-904-0220 all other countries
WEBSITE: www.roundalab.org
E-MAIL: roundalab@roundalab.org

- Phase Booklets – Phases I through VI
- Glossary
- Abbreviations Booklet
- Index for Glossary & Phase Booklets
- Listing of Phase Rated Actions, Movements and Figures by Rhythm Booklet
- Listing of Phase Rated Actions, Movements and Figures by Phase Booklet
- Cueing Guidelines
- Cue Sheet Writing Guidelines
- New Round Dance Leaders Manual - Phase I / II
- Teaching Manuals for Phase III and IV
- Preliminary Foot Movements & Positions/Dance Positions/Walks in all Rhythms Booklet
- Callers Manual for Using Rounds in the Square Dance Program
- ROUNDALAB Teaching Videos [RTVs]
- Instructional Digital Video Discs [DVDs] [Phase I through Phase VI and Addendum]
- Figure Video Software [FVS]

Because of changes over time as well as differences of interpretation, inconsistencies may appear between the ROUNDALAB Teaching Videos [RTVs], Digital Video Discs [DVDs], Figure Video Software [FVS] and the ROUNDALAB Phase Booklets. In such instances, the Phase Booklets should be taken as containing the most up to date material available.

CHANGES:

Proposed changes to this Standard should be submitted to:

ROUNDALAB
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ROUNDALAB STANDARD

Listing of Phase Rated Figures by Phase

Proposed changes are to be submitted as follows:

1. Specific reason[s] for the change.
2. Proposed changes must be received by November 1 to be considered at the next Annual ROUNDALAB Convention.
3. Request[s] to change Tentative Standards must be endorsed by signatures from at least two [2] ROUNDALAB Teaching Member Units in good standing. These endorsements must be part of, and accompany, the original request.
4. Tentative Standards will be considered permanent if no comment is received within the year following approval at the annual convention. Tentative Standards are underlined and preceded in the phase booklets with an asterisk [*].
5. Request[s] to change Permanent Standards must be endorsed by signatures from at least five [5] ROUNDALAB Teaching Member Units in good standing. These endorsements must be part of, and accompany, the original request.
6. Request for addition and phasing of a new action, movement or figure requires three [3] different choreographers use the action, movement or figure in three [3] dances prior to being defined and included in the ROUNDALAB Standards. Requests must be endorsed by signatures from at least five [5] ROUNDALAB Teaching Member Units in good standing. Cue sheets are to be submitted with the request and must be received by November 1 to be considered at the next Annual ROUNDALAB Convention.

ROUNDALAB PHASE RATING SYSTEM

The purpose of the "**ROUNDALAB Phase Rating System**" is to provide a method for rating basic round dance actions, movements and figures according to the degree of complexity. This system can be readily used and understood by all those involved in round dancing to rate a dance at the appropriate phase. This concept works as follows:

- a. If all actions, movements and figures in a dance are from the same phase, the dance will be phased at that phase.
- b. A dance cannot have more than two actions, movements or figures [or any combination thereof] from the next higher phase and remain at the lower phase.
 - [1] If there is one action, movement or figure in a dance from the next higher phase, the dance will be phased at the lower phase plus 1 [e.g., a Phase II dance with one figure from Phase III will be rated Phase II +1].
 - [2] If there are two actions, movements or figures [or any combination thereof] in the dance from the next higher phase, the dance will be phased at the lower phase plus 2 [e.g., a Phase II dance with two figures from Phase III will be rated Phase II +2].
 - [3] Three or more actions, movements or figures [or any combination thereof] in the next higher phase requires the dance to be rated at the higher phase level.
- c. A dance cannot be rated any lower than one phase below the highest action, movement or figure used [e.g., a Phase III dance with one figure from Phase V will be rated as Phase IV +1].

ROUNDALAB STANDARD

Listing of Phase Rated Figures by Phase

ROUNDALAB suggests the Phase Rating be included in the lead information on every cue sheet. Choreographers should put a “degree of difficulty” as part of the heading of a cue sheet, as determined by the following parameters:

- a. EASY [EZ] – a dance that can be done to cues by the average dancer at THAT phase level without further instructions by the cuer.
- b. AVERAGE [AVG] – a dance that can be done to cues by the average dancer at THAT phase level with one or two simple instructions explained by the cuer, e.g., “Lady rolls to LOP, not a Cross Wrap”.
- c. DIFFICULT [DIFF] – a dance that probably cannot be done by the average dancer at that phase level without a special teach because of rotations; unphased actions, movements or figures; unusual positioning; figure modifications; or tempo or timing changes.

ROUNDALAB recommends that choreographers assume the responsibility of rating their own dance before publication. However, if the choreographer does not rate the dance, then any person can easily rate the dance by using ROUNDALAB criteria.

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE I *

PREFERRED CUE TERM [when different than the name of the action, movement or figure] IS UNDERLINED.

ACTIONS

BOW
BUMP
CURTSY
DRAW
HEEL
POINT
SHAKE
STAMP
TAP
TOE
TOUCH
WIGGLE

MOVEMENTS

BACK [Step] BACK
BEHIND
CHUG
CLOSE
CROSS
CROSS BEHIND BEHIND
CROSS in BACK
CROSS in FRONT
CROSS LEFT in BACK
CROSS LEFT in FRONT
CROSS RIGHT in BACK
CROSS RIGHT in FRONT
FACE
FORWARD [Step] FORWARD
RECOVER
ROCK
RUN RUN [# of steps]
SIDE [Step] SIDE
SLIDE *Optional Cue Term: GLIDE*
STEP
STOMP

MOVEMENTS [continued]

STRUT STRUT [# of steps]
Optional Cue Term: STROLL or SWAGGER
THRU
WALK WALK [# of steps]

TWO STEP

BALANCE AWAY AND TOGETHER
BALANCE FORWARD AND BACK
BALANCE LEFT AND RIGHT
BOX
CIRCLE AWAY AND TOGETHER
CROSS WALK CROSS WALK [# of steps]
REVERSE BOX
SIDE TWO STEP
SIDE TWO STEP APART AND TOGETHER
TWO STEP, BACK BACK TWO STEP
TWO STEP, FORWARD FORWARD TWO STEP

WALTZ

BALANCE [Forward and Back] BALANCE [direction]
BALANCE [Side] BALANCE [direction]
BOX
CIRCLE AWAY AND TOGETHER
REVERSE BOX
WALTZ AWAY AND TOGETHER

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

*** PHASE II ***

PREFERRED CUE TERM [when different than the name of the action,
movement or figure IS UNDERLINED.]

ACTIONS

BRUSH
KICK
KNEE
LIFT
PIVOT
SPIN
SWING
SWIVEL
TWIST
UNWRAP
WRAP

UNWRAP [to ending position]

MOVEMENTS

CHECK
CUT
DIP
HOP
LOCK
LUNGE
MANEUVER
PICKUP
ROLL
SKIP
UNWIND

LUNGE [direction]

ROLL [# of steps] [to ending position]

SKIP [# of steps]

TWO STEP

BACK LOCK
BACK LOCK BACK
BACK TO BACK

BACK TO BACK [to ending position]

BASKETBALL TURN

TWO STEP [continued]

Box Variations:

BOX LEFT TURNING LEFT TURNING BOX

BOX RIGHT TURNING RIGHT TURNING BOX

BROKEN BOX

CIRCLE BOX

OPEN BOX

OPEN REVERSE BOX

PROGRESSIVE BOX

SOLO LEFT TURNING BOX

TRAVELING BOX

BREAKAWAY

CHANGE SIDES

CHANGE SIDES [to ending position]

CHARLESTON

CIRCLE CHASE

CIRCLE CHASE [to ending position]

CIRCLE PICK UP

CUT BACK

DOOR

FACE TO FACE

FACE TO FACE AND BACK TO BACK

FACE TO FACE AND BACK TO BACK

[to ending position]

FORWARD LOCK

FORWARD LOCK FORWARD

HITCH

HITCH [Forward and Back

HITCH SIX or DOUBLE HITCH

HITCH FOUR

HITCH SCISSORS

LACE

LACE [ACROSS OR BACK]

LACE UP

LACE UP [to ending position]

LIMP

LIMP [Front]

FRONT LIMP

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE II *

PREFERRED CUE TERM [when different than the name of the action,
movement or figure IS UNDERLINED.]

TWO STEP [continued]

PROGRESSIVE BALANCE AWAY AND
TOGETHER
PROGRESSIVE SCISSORS
QUICK TWO STEP
REVERSE TWIRL
REVERSE TWIRL [# of steps]
REVERSE TWIRL VINE
REVERSE TWIRL VINE [# of steps]
ROCK STEPS direction ROCK [# of steps]
SAND STEP
SCISSORS
SCISSORS HITCH
SCOOT
SKATE
SLIDING DOOR
SPOT SPIN SPIN
STEP SWIVEL SWIVEL
THRU SCISSORS SCISSORS THRU
TRAVELING DOOR
TWIRL TWIRL [# of steps]
TWIRL VINE TWIRL VINE [# of steps]
TWISTY VINE TWISTY VINE [# of steps]
TWO TURNING TWO STEPS
VINE VINE [# of steps]
VINE [Open] OPEN VINE [# of steps]
VINE APART AND TOGETHER
VINE EIGHT
VINE FOUR
VINE THREE
WHEEL WHEEL [to ending position]

WALTZ

BACK TWINKLE
BACK WALTZ
Box Variations:
BOX LEFT TURNING
BOX RIGHT TURNING
OPEN BOX
OPEN REVERSE BOX
PROGRESSIVE BOX
SOLO LEFT TURNING BOX
CANTER
CHANGE SIDES
CHANGE SIDES [to ending position]
CROSS WRAP
FORWARD WALTZ
LACE LACE [ACROSS OR BACK]
LACE UP LACE UP [to ending position]
LEFT FACE TURNING WALTZ
[#] LEFT TURNS [to ending position]
MANEUVER
PICKUP
PROGRESSIVE TWIKLE
REVERSE TWIRL
REVERSE TWIRL [# of steps]
REVERSE TWIRL VINE
REVERSE TWIRL VINE [# of steps]
RIGHT FACE TURNING WALTZ
[#] RIGHT TURNS [to ending position]
ROLL
SOLO WALTZ TURN
SOLO TURN [to ending position]
SPIN MANEUVER
SPOT SPIN SPIN
SWAY SWAY [direction]

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE II *

PREFERRED CUE TERM [when different than the name of the action,
movement or figure IS UNDERLINED.]

WALTZ [continued]

THRU SIDE CLOSE
THRU TWINKLE
THRU FACE CLOSE
TWINKLE
TWIRL
TWIRL VINE
TWISTY BALANCE
TWISTY VINE
VINE SIX
VINE THREE
WHEEL

TWIRL [# of steps]
TWIRL VINE [# of steps]
TWISTY BALANCE [direction]
TWISTY VINE [# of steps]
WHEEL [to ending position]

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE III *

PREFERRED CUE TERM [when different than the name of the action, movement or figure] IS UNDERLINED.

ACTIONS

DISHRAG
FAN
FLARE
FLICK
HOOK
RISE

MOVEMENTS

BUZZ BUZZ [# of steps]
CHAIR
CHANGE POINT
FIGURE 8
HEEL PIVOT
SLIP
SWIVEL WALK SWIVEL WALK [# of steps]

BOLERO

BASIC
BOLERO WALKS
CRAB WALKS
FENCE LINE
FORWARD BREAK
HAND TO HAND
HIP LIFT
LUNGE BREAK
NEW YORKER
OPEN BREAK
REVERSE UNDERARM TURN
SHOULDER TO SHOULDER
SPOT TURN
TIME STEP
UNDERARM TURN

CHA CHA

BACK BASIC
BASIC
BREAK BREAK [to position]
CHASE
CHASE PEEK-A-BOO
CHASE PEEK-A-BOO DOUBLE
CHASE WITH UNDERARM PASS
CIRCLE AWAY AND TOGETHER
CRAB WALKS
CUCARACHA
FENCE LINE
FORWARD BASIC
HAND TO HAND
LARIAT
NEW YORKER
OPEN BREAK
REVERSE UNDERARM TURN
SAND STEP
SHOULDER TO SHOULDER
SIDE WALKS
SLIDING DOOR
SPOT TURN
TIME STEP
TRAVELING DOOR
UNDERARM TURN
WALK 2 & CHA
WHIP

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE III *

PREFERRED CUE TERM [when different than the name of the action, movement or figure] IS UNDERLINED.

FOXTROT

BACK BACK/LOCK BACK
BOX
BOX FINISH
BOX LEFT TURNING LEFT TURNING BOX
PROGRESSIVE BOX
CHASSE CHASSE [to ending position]
FORWARD CHASSE
FORWARD CHASSE to SEMI-CLOSED
THRU CHASSE
THRU CHASSE TO BANJO
THRU CHASSE
THRU CHASSE TO SEMI-CLOSED
TURN LEFT AND RIGHT CHASSE
TURN LEFT & RIGHT CHASSE TO BANJO
FORWARD FORWARD/LOCK FORWARD
FORWARD RUN TWO
HOVER
BACK HOVER
BACK HOVER [to ending position]
CROSS HOVER
CROSS HOVER [to ending position]
FORWARD HOVER
FORWARD HOVER [to ending position]
HOVER FALLAWAY
THRU HOVER
THRU HOVER [to ending position]
IMPETUS TO SEMI CLOSED POSITION
IMPETUS TO SEMI-CLOSED
Optional Cue Term: OPEN IMPETUS
INTERRUPTED BOX
LEFT FACE TURN [#] LEFT TURNS
MANEUVER

FOXTROT [continued]

RIGHT FACE TURN [#] RIGHT TURNS
SLIP PIVOT
SPIN TURN
VINE
WHISK
WING

JIVE

BASIC ROCK
CHANGE HANDS BEHIND BACK
CHANGE PLACES LEFT TO RIGHT
CHANGE LEFT TO RIGHT
CHANGE PLACES RIGHT TO LEFT
CHANGE RIGHT TO LEFT
CHASSE
FALLAWAY LEFT FACE TURNING
LEFT TURNING FALLAWAY
FALLAWAY RIGHT FACE TURNING
RIGHT TURNING FALLAWAY
FALLAWAY ROCK
FALLAWAY THROWAWAY
JIVE WALKS
KICK BALL CHANGE
LINK
LINK ROCK
POINT STEP
PROGRESSIVE ROCK
ROCK THE BOAT
SHAG STEP
SWIVEL WALKS SWIVEL WALK [# of steps]
THROWAWAY
TRIPLE
TRIPLE RIGHT FACE TURNING
RIGHT TURNING TRIPLE

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE III *

PREFERRED CUE TERM [when different than the name of the action,
movement or figure] IS UNDERLINED.

MAMBO

BACK BASIC
BASIC
BREAK BREAK [to position]
CHASE
CHASE WITH UNDERARM PASS
CUCARACHA
CUCARACHA CROSS
FORWARD BASIC
NEW YORKER
OPEN BREAK
REVERSE UNDERARM TURN
SPOT TURN
UNDERARM TURN

MERENGUE

ARM SLIDE
BASIC
BREAK BREAK [to position]
CIRCLE AWAY AND TOGETHER
CIRCLE WALK RIGHT
CONGA WALKS FORWARD AND BACK
CONGA WALKS, SIDE
CONGA WALKS LEFT & RIGHT
LARIAT
MERENGUE WHISK
OPEN BREAK
PROMENADE
PROMENADE TURN AWAY
ROCK TURN
ROLL
SEPARATION
STAIR FORWARD FORWARD STAIR
STAIR SIDE SIDE STAIR
UNDERARM TURN

QUICKSTEP

FISHTAIL
HOVER
BACK HOVER
BACK HOVER [to ending position]
FORWARD HOVER
FORWARD HOVER [to ending position]
HOVER FALLAWAY
THRU HOVER
THRU HOVER [to ending position]
IMPETUS TO SEMI-CLOSED POSITION
IMPETUS TO SEMI-CLOSED
Optional Cue Term: OPEN IMPETUS
MANEUVER SIDE CLOSE
SPIN TURN
WHALETAIL
WHISK

RUMBA

BACK BASIC
BASIC
BREAK BREAK [to position]
CHASE
CHASE PEEK-A-BOO
CHASE PEEK-A-BOO DOUBLE
CHASE WITH UNDERARM PASS
CIRCLE AWAY AND TOGETHER
CORTE
CRAB WALKS
CUCARACHA
CUCARACHA CROSS
FENCE LINE
FORWARD BASIC
HAND TO HAND
KIKI WALKS

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE III *

PREFERRED CUE TERM [when different than the name of the action, movement or figure] IS UNDERLINED.

RUMBA [continued]

LARIAT
NEW YORKER
OPEN BREAK
PROGRESSIVE WALKS [Forward or Back]
PROGRESSIVE WALKS [direction and # of steps]
REVERSE UNDERARM TURN
SAND STEP
SHOULDER TO SHOULDER
SIDE WALKS
SLIDING DOOR
SPOT TURN
THRU SERPIENTE
TIME STEP
UNDERARM TURN
WHIP

SINGLE SWING

BASIC ROCK
CHANGE HANDS BEHIND BACK
CHANGE PLACES LEFT TO RIGHT
CHANGE LEFT TO RIGHT
CHANGE PLACES RIGHT TO LEFT
CHANGE RIGHT TO LEFT
FALLAWAY LEFT FACE TURNING
LEFT TURNING FALLAWAY
FALLAWAY RIGHT FACE TURNING
RIGHT TURNING FALLAWAY
FALLAWAY ROCK
FALLAWAY THROWAWAY
LINK ROCK
THROWAWAY

SLOW TWO STEP

BASIC
BASIC ENDING
LUNGE BASIC
OPEN BASIC OPEN BASIC [to ending position]
REVERSE UNDERARM TURN
SIDE BASIC
TRAVELING CHASSE
TWISTY BASIC
UNDERARM TURN

TANGO

CORTE
CRISS CROSS
GAUCHO TURN GAUCHO TURN [# of steps]
SERPIENTE
SIDE CORTE
TANGO DRAW
WALK WALK [# of steps]
WHISK

TWO STEP

FISHTAIL
PIVOT RIGHT FACE PIVOT 2
STAIR FORWARD FORWARD STAIR
STAIR SIDE SIDE STAIR
STROLLING VINE
SUSIE Q
TWO LEFT TURNING TWO STEPS
WHALETAIL

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE III *

PREFERRED CUE TERM [when different than the name of the action,
movement or figure] IS UNDERLINED.

WALTZ

BACK BACK/LOCK BACK

BOX FINISH

CHASSE CHASSE [to ending position]

FORWARD CHASSE

FORWARD CHASSE to SEMI-CLOSED

THRU CHASSE THRU CHASSE TO BANJO

THRU CHASSE

THRU CHASSE TO SEMI-CLOSED

TURN LEFT AND RIGHT CHASSE

TURN LEFT & RIGHT CHASSE TO BANJO

FORWARD FORWARD/LOCK FORWARD

HOVER

BACK HOVER

BACK HOVER [to ending position]

CROSS HOVER

CROSS HOVER [to ending position]

FORWARD HOVER

FORWARD HOVER [to ending position]

HOVER FALLAWAY

THRU HOVER

THRU HOVER [to ending position]

WALTZ [continued]

IMPETUS TO SEMI CLOSED POSITION

IMPETUS TO SEMI-CLOSED

Optional Cue Term: OPEN IMPETUS

INTERRUPTED BOX

PIVOT TO SEMI-CLOSED POSITION

PIVOT TO SEMI-CLOSED

SLIP PIVOT

SPIN TURN

WHISK

WING

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE IV *

PREFERRED CUE TERM [when different than the name of the action, movement or figure] IS UNDERLINED.

ACTIONS

GANCHO
GOLPE
HEEL PULL
LA PIZ
LATIN CROSS
LEG CRAWL
RONDE
SWAY
BROKEN SWAY
HOVER SWAY

SWAY

SWAY

MOVEMENTS

HIP ROCK

ARGENTINE TANGO

BACK OCHO
CRISS CROSS
DOBLE CRUZ
FORWARD OCHO
GAUCHO TURN
LEFT FOOT BASIC
RIGHT FOOT BASIC
TANGO CLOSE

BOLERO

AIDA
CROSS BODY
HIP ROCKS
LEFT PASS
OPENING OUT
RIGHT PASS
SWITCH
SWITCH ROCK
TURNING BASIC

SWITCH CROSS

CHA CHA

AIDA
ALEMANA
ALEMANA FROM A FAN
ALTERNATIVE BASIC
CROSS BODY
DEVELOPE
FAN [from 1/2 Basic]
FLIRT
HOCKEY STICK
PARALLEL CHASE
RONDE BOX
RONDE CHASSE
SWITCH
SWITCH ROCK
TRADE PLACES
TRIPLE CHA FORWARD or BACK
UMBRELLA TURN

FOXTROT

BACK FEATHER
BACK HOVER TELEMAR
BACK THREE STEP
BACK WHISK
CHAIR AND SLIP
CHANGE OF DIRECTION
CLOSED IMPETUS
CLOSED WING
CROSS HESITATION
CROSS PIVOT
CROSS SWIVEL
DEVELOPE
DIAMOND TURN
DRAG HESITATION
FEATHER
FEATHER FINISH

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE IV *

PREFERRED CUE TERM [when different than the name of the action, movement or figure] IS UNDERLINED.

FOXTROT [continued]

HEEL PULL
HESITATION CHANGE
HOVER CORTE
HOVER TELEMARK
IN AND OUT RUNS
LEFT WHISK
NATURAL HOVER FALLAWAY
NATURAL TURN [Full]
NATURAL TURN ONE HALF HALF NATURAL
OPEN NATURAL TURN OPEN NATURAL
OPEN REVERSE TURN OPEN REVERSE
OUTSIDE CHANGE TO BANJO POSITION
 OUTSIDE CHANGE TO BANJO
OUTSIDE CHANGE TO SEMI-CLOSED POSITION
 OUTSIDE CHANGE TO SEMI-CLOSED
OUTSIDE CHECK
OUTSIDE SWIVEL
OVERSWAY
PIVOT RIGHT FACE DOUBLE PIVOT 4
PROGRESSIVE WING
PROMENADE SWAY
PROMENADE WEAVE
QUICK DIAMOND FOUR
REVERSE FALLAWAY FROM CLOSED POSITION
 REVERSE FALLAWAY
REVERSE FALLAWAY FROM SEMI-CLOSED
 POSITION REVERSE FALLAWAY
REVERSE TURN
REVERSE TURN ONE HALF HALF REVERSE TURN
REVERSE WAVE
RIGHT LUNGE
SLOW SIDE LOCK

FOXTROT [continued]

TELEMARK TO BANJO POSITION
 TELEMARK TO BANJO
 Optional Cue Term: CLOSED TELEMARK
TELEMARK TO SEMI-CLOSED POSITION
 TELEMARK TO SEMI-CLOSED
 Optional Cue Term: OPEN TELEMARK
THREE STEP
WEAVE TO BANJO POSITION WEAVE TO BANJO
WEAVE TO SEMI-CLOSED POSITION
 WEAVE TO SEMI-CLOSED
WHIPLASH

JIVE

AMERICAN SPIN
CHICKEN WALKS
CONTINUOUS CHASSE
GLIDE TO THE SIDE
LINDY CATCH
MARCHESSI
MIAMI SPECIAL
PRETZEL TURN
RIVERBOAT SHUFFLE
SAILOR SHUFFLE
SHOULDER SHOVE
SIDE BREAKS
SOLE TAP
SPANISH ARMS
TRAVELING SAND STEPS
TRIPLE WHEEL
WINDMILL

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE IV *

PREFERRED CUE TERM [when different than the name of the action, movement or figure] IS UNDERLINED.

MAMBO

AIDA
CROSS BODY
PATTY CAKE TAP
ALTERNATIVE BASIC
SCALLOP
TRADE PLACES

MERENGUE

AIDA
BACK TO BACK
BASIC WITH FACE LOOPS
CONGA BREAK
CONTINUOUS CUCARACHAS
CONTINUOUS CUCARACHA CROSSES
CONTINUOUS NEW YORKERS
GLIDE
LINDY CATCH
MARCHESSI
NATURAL TOP
PROMENADE SWIVELS
SIDE SEPARATION
SWING BASIC

PASO DOBLE

APPEL
ATTACK
BASIC [Forward or Back]
BASIC FORWARD or BASIC BACK
CHASSES TO LEFT CHASSES LEFT
CHASSES TO RIGHT CHASSES RIGHT
ECART
ELEVATIONS
ELEVATIONS UP or ELEVATIONS DOWN
FLAMENCO TAPS
PRESS LINE
PROMENADE CLOSE

PASO DOBLE [continued]

PROMENADE LINK
SEPARATION
SLIP APPEL
SUR PLACE
THE CAPE *Optional Cue Term : HUIT*

QUICKSTEP

BACK WHISK BACK WHISK [to ending position]
CHAIR AND SLIP
CHANGE OF DIRECTION
CHASSE WEAVE
CLOSED IMPETUS
CROSS CHASSE
CROSS HESITATION
DEVELOPE
DRAG HESITATION
FLICKER
HEEL PULL
HESITATION CHANGE
HOVER CORTE
HOVER TELEMARQUE
IN AND OUT RUNS
LEFT WHISK
NATURAL HOVER FALLAWAY
NATURAL TURN
OPEN NATURAL TURN OPEN NATURAL
OUTSIDE CHANGE TO BANJO POSITION
OUTSIDE CHANGE TO BANJO
OUTSIDE CHANGE TO SEMI-CLOSED POSITION
OUTSIDE CHANGE TO SEMI-CLOSED
OUTSIDE SWIVEL
PIVOT RIGHT FACE DOUBLE PIVOT 4
PROGRESSIVE CHASSE
PROMENADE SWAY
QUARTER TURNS

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE IV *

PREFERRED CUE TERM [when different than the name of the action, movement or figure] IS UNDERLINED.

QUICKSTEP [continued]

QUARTER TURN AND PROGRESSIVE CHASSE
REVERSE CHASSE TURN
REVERSE FALLAWAY FROM CLOSED
 POSITION REVERSE FALLAWAY
RUNNING BACK LOCKS
RUNNING FORWARD LOCKS
TELEMARK TO BANJO POSITION
 TELEMARK TO BANJO
 Optional Cue Term: CLOSED TELEMARK
TELEMARK TO SEMI-CLOSED POSITION
 TELEMARK TO SEMI-CLOSED
 Optional Cue Term: OPEN TELEMARK
VIENNESE TURNS

RUMBA

AIDA
ALEMANA
ALEMANA FROM A FAN ALEMANA
ALLTERNATIVE BASIC
CROSS BODY
DEVELOPE
FAN [from 1/2 Basic] FAN
FLIRT
HOCKEY STICK
LATIN WHISK
RONDE BOX
SWITCH SWITCH CROSS
SWITCH ROCK
TRADE PLACES
UMBRELLA TURN

SAMBA

BASIC FORWARD AND BACK FULL BASIC
BOX
COPAS *Optional Cue Term*: COPACABANAS
LAZY SAMBA TURNS

SAMBA [continued]

MARCHESSI
REVERSE TURN
SAMBA RUNS
SAMBA WALKS
SIDE SAMBA WALK
STATIONARY WALKS
TRAVELING BACK LOCKS
TRAVELING LOCKS
VOLTA
 CIRCULAR VOLTA
 CRISS CROSS VOLTA
 CURVING VOLTA
 MAYPOLE
 SPOT VOLTA
 TRAVELING VOLTA
 TURNING TRAVELING VOLTA
WHISKS WHISKS LEFT & RIGHT

SINGLE SWING

AMERICAN SPIN
MIAMI SPECIAL
PRETZEL TURN
SHOULDER SHOVE
SPANISH ARMS
TRIPLE WHEEL
WINDMILL

SLOW TWO STEP

CHANGE SIDES UNDERARM
INSIDE ROLL
LEFT TURN WITH INSIDE ROLL
OUTSIDE ROLL
RIGHT TURN WITH OUTSIDE ROLL
SWEETHEART RUNS
SWEETHEART WRAP
SWITCH

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE IV *

PREFERRED CUE TERM [when different than the name of the action, movement or figure] IS UNDERLINED.

SLOW TWO STEP [continued]

THE SQUARE
TRAVELING CROSS CHASSE

TANGO

ADVANCE CORTE
BACK CORTE
CLOSED FINISH
CLOSED PROMENADE
DEVELOPE
DOBLE CRUZ
LEG CRAWL
OPEN NATURAL TURN OPEN NATURAL
OPEN REVERSE TURN CLOSED FINISH
OUTSIDE SWIVEL
OVERSWAY
PIVOT RIGHT FACE DOUBLE PIVOT 4
PROGRESSIVE LINK
PROMENADE
PROMENADE LINK
PROMENADE SWAY
REVERSE FALLAWAY FROM CLOSED POSITION
REVERSE FALLAWAY
REVERSE FALLAWAY FROM SEMI-CLOSED POS
REVERSE FALLAWAY
REVERSE TURN CLOSED FINISH
REVERSE TURN OPEN FINISH
RIGHT LUNGE
ROCK TURN
SPANISH DRAG
Optional Cue Term : TANGO DRAG
TANGO CLOSE
TELEMARK TO SEMI-CLOSED POSITION
TELEMARK TO SEMI-CLOSED
TURNING TANGO CLOSE
VIENNESE TURNS

WALTZ

BACK HOVER TELEMARCK
BACK PASSING CHANGE
BACK WHISK
CHAIR AND SLIP
CHANGE OF DIRECTION
CLOSED IMPETUS
CLOSED WING
CROSS HESITATION
CROSS PIVOT
CROSS SWIVEL
DEVELOPE
DIAMOND TURN
DRAG HESITATION
HEEL PULL
HESITATION CHANGE
HOVER CORTE
HOVER TELEMARCK
IN AND OUT RUNS
LEFT WHISK
NATURAL HOVER FALLAWAY
OPEN FINISH
OPEN IN AND OUT RUNS
OPEN NATURAL TURN OPEN NATURAL
OPEN REVERSE TURN OPEN REVERSE
OUTSIDE CHANGE TO BANJO POSITION
OUTSIDE CHANGE TO BANJO
OUTSIDE CHANGE TO SEMI-CLOSED POSITION
OUTSIDE CHANGE TO SEMI-CLOSED
OUTSIDE CHECK
OUTSIDE SWIVEL
OVERSWAY
PROGRESSIVE WING
PROMENADE SWAY
QUICK DIAMOND FOUR
REVERSE FALLAWAY FROM CLOSED POSITION
REVERSE FALLAWAY

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE IV *

PREFERRED CUE TERM [when different than the name of the action, movement or figure] IS UNDERLINED.

WALTZ [continued]

REVERSE FALLAWAY FROM SEMI-CLOSED
POSITION REVERSE FALLAWAY
RIGHT LUNGE
SLOW SIDE LOCK
TELEMARK TO BANJO POSITION
 TELEMARK TO BANJO
 Optional Cue Term: CLOSED TELEMARK
TELEMARK TO SEMI-CLOSED POSITION
 TELEMARK TO SEMI-CLOSED
 Optional Cue Term: OPEN TELEMARK
VIENNESE CROSS
VIENNESE TURNS
WEAVE TO BANJO POSITION WEAVE TO BANJO
WEAVE TO SEMI-CLOSED POSITION
 WEAVE TO SEMI-CLOSED
WHIPLASH

WEST COAST SWING

ANCHOR
COASTER
FRENCH CROSS
LEFT SIDE PASS
MAN'S UNDERARM TURN
PUSH BREAK
RIGHT SIDE PASS
SIDE BREAKS
STRAIGHT WHIP
SUGAR PUSH
THROWOUT
TUCK AND SPIN
TUMMY WHIP
TURKEY WALKS
UNDERARM TURN
WRAPPED WHIP

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE V *

PREFERRED CUE TERM [when different than the name of the action,
movement or figure] IS UNDERLINED.

ACTIONS

BODY ROLL
BOLEO
CHANGE OF SWAY
HEAD FLICK
SPIRAL

ARTENTINE TANGO

LA COBRA
SENTADA

BOLERO

CONTRA BREAK
CUDDLE
HALF MOON
HORSESHOE TURN
RIFF TURN
SWEETHEART

CHA CHA

CHALLENGE CHASE
CLOSED HIP TWIST
CROSS BASIC
CUDDLE
DOUBLE CUBAN BREAKS
FULL NATURAL TOP
LA SUIZA
NATURAL OPEING OUT
OPEN HIP TWIST
SINGLE CUBAN BREAKS
SIT LINE
STOP AND GO HOCKEY STICK
SWEETHEART

DOUBLE CUBANS

SINGLE CUBAN

FOXTROT

BACK CURVING THREE STEP
BACK TURNING WHISK
CHECK AND WEAVE
CONTRA CHECK
CONTRA CHECK AND SLIP
CONTRA CHECK AND SWITCH
CURVED FEATHER
CURVED THREE STEP
DOUBLE REVERSE SPIN
EROS LINE
FORWARD TIPPLE CHASSE
HAIRPIN
HINGE
HOVER CROSS ENDING
JETE POINT
LILT
LILT PIVOT
MINI TELESPIIN
NATURAL FALLAWAY WEAVE
NATURAL FALLAWAY WHISK
NATURAL HOVER CROSS
NATURAL TELEMARCK
NATURAL WEAVE
OUTSIDE SPIN
QUICK OPEN REVERSE
REVERSE FALLAWAY AND SLIP
REVERSE FALLAWAY SLIP
REVERSE IMPETUS TURN
RIGHT LUNGE ROLL AND SLIP
RIGHT TURNING LOCK
RIPPLE CHASSE
RISING LOCK
ROYAL SPIN
RUNNING OPEN NATURAL
SYNCOATED WHISK
TIPPLE CHASSE

DOUBLE REVERSE

REVERSE FALLAWAY SLIP

REVERSE IMPETUS

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE V *

PREFERRED CUE TERM [when different than the name of the action,
movement or figure] IS UNDERLINED.

FOXTROT [continued]

TOP SPIN

TURNING LOCK

Optional Cue Term : LEFT TURNING LOCK

ZIG ZAG

JIVE

CATAPULT

CHASSE ROLL

FLICKS INTO BREAKS

MOOCH

NECK SLIDE

SHE GO, HE GO

STOP AND GO

WHIP THROWAWAY

WHIP TURN

MAMBO

ARM CHECK

MERENGUE

OPEN BREAK TO A MAN'S WRAP AND UNWIND

STOP AND GO

WRAP AROUND

PASO DOBLE

BANDERILLAS

COUP DE PIQUE

FALLAWAY REVERSE

GRAND CIRCLE

LEFT FOOT COUP DE PIQUE

PROMENADE

PROMENADE ending in Closed Position

SHADOW ATTACK

SIXTEEN

QUICKSTEP

BACK TURNING WHISK

CHARLESTON CROSSES

CHASSE ROLL

CONTRA CHECK

CONTRA CHECK AND SLIP

CONTRA CHECK AND SWITCH

DOUBLE REVERSE SPIN

DOUBLE REVERSE

FORWARD TIPPLE CHASSE

HAIRPIN

HINGE

JETE POINT

MINI TELESPI

OUTSIDE SPIN

QUICK OPEN REVERSE

REVERSE FALLAWAY AND SLIP

REVERSE FALLAWAY SLIP

REVERSE FALLAWAY FORM SEMI-CLOSED

POSITION

REVERSE FALLAWAY

RUNNING FINISH

SCOOP

SIX QUICK TWINKLE

STUTTER

TIPPLE CHASSE

TIPSY POINT

TOP SPIN

TURNING LOCK

Optional Cue Term : LEFT TURNING LOCK

WOODPECKERS

[#] WOODPECKERS

ZIG ZAG

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE V *

PREFERRED CUE TERM [when different than the name of the action, movement or figure] IS UNDERLINED.

RUMBA

ALTERNATING CROSS BODY
CLOSED HIP TWIST
CROSS BASIC
CUDDLE
FULL NATURAL TOP
NATURAL OPENING OUT
OPEN HIP TWIST
SIT LINE
STOP AND GO HOCKEY STICK
SWEETHEART
TORNILLO WHEEL

SAMBA

BOTA FOGO
BOTA FOGA TO SEM-CLOSED POSITION AND
REVERSE SEMI-CLOSED POSITION
BOTO FOGO TO SEMI & REVERSE
SEMI-CLOSED
CONTRA BOTA FOGO
CORTA JACA
NATURAL ROLL
PLAIT
REVERSE BARREL ROLL
SHADOW BOTA FOGOS
TRAVELING BOTA FOGOS
[also BACK TRAVELING BOTA FOGOS]

SLOW TWO STEP

ARM TO ARM
PASSING CROSS CHASSE
TRAVELING RIGHT TURN
TRAVELING RIGHT TURN w/OUTSIDE ROLL
TRIPLE TRAVELER

TANGO

BACK OPEN PROMENADE
BACK TWINKLE
BRUSH TAP
CONTRA CHECK
CONTRA CHECK AND SLIP
CONTRA CHECK AND SWITCH
DROP OVERSWAY [from Closed Position]
DROP OVERSWAY
FIVE STEP
FOUR STEP
JETE POINT
OPEN PROMENADE
OUTSIDE SWIVEL AND TAP
OUTSIDE SWIVEL LINK
PROGRESSIVE SIDE STEP
PROMENADE QUARTER BEATS
PROMENADE TAP
QUARTER BEATS
REVERSE FALLAWAY AND SLIP
REVERSE FALLAWAY SLIP
RIGHT LUNGE ROLL AND SLIP
STALKING WALKS
TURNING FIVE STEP

WALTZ

BACK TURNING WHISK
CONTRA CHECK
CONTRA CHECK AND SLIP
CONTRA CHECK AND SWITCH
CURVED FEATHER
DOUBLE REVERSE SPIN
DOUBLE REVERSE
EROS LINE
FORWARD TIPPLE CHASSE
HAIRPIN
HINGE
HOVER CROSS ENDING

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE V *

PREFERRED CUE TERM [when different than the name of the action,
movement or figure] IS UNDERLINED.

WALTZ [continued]

JETE POINT
LILT PIVOT
MINI TELESPIN
NATURAL HOVER CROSS
NATURAL TELEMAR
NATURAL WEAVE
OUTSIDE SPIN
QUICK LOCK SLOW LOCK
QUICK OPEN REVERSE
REVERSE FALLAWAY AND SLIP
REVERSE FALLAWAY SLIP
REVERSE IMPETUS TURN REVERSE IMPETUS
RIGHT LUNGE ROLL AND SLIP
RIGHT TURNING LOCK
RIPPLE CHASSE
RISING LOCK
ROYAL SPIN
RUNNING OPEN NATURAL
SWIVEL WHISK
SYNCOATED WHISK
TIPPLE CHASSE
TOP SPIN
TURNING LOCK

WEST COAST SWING

ALTERNATING UNDERARM TURN
CHEEK TO CHEEK
FACELOOP
HALF WHIP
HOOK TURN
SIDE WHIP
SUGAR BUMP
SUGAR TOE HEEL CROSSES
SUGAR WRAP KNEE LIFT UNWRAP
SURPRISE WHIP
TRIPLE TRAVEL WITH ROLL
WHIP TURN

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE VI *

PREFERRED CUE TERM [when different than the name of the action,
movement or figure] IS UNDERLINED.

ACTIONS

BODY RIPPLE
OPPOSITION POINTS
TUMBLE

MOVEMENTS

CHALLENGE LINE
TUNNEL

BOLERO

CHECKED RIGHT PASS
FULL MOON

CHA CHA

ADVANCED ALEMANA
ADVANCED HIP TWIST
ADVANCED SLIDING DOOR
Alternative Chasse Endings:
HIP TWIST CHASSE
RONDE CHASSE
SLIP CHASSE
BALLERINA WHEEL
CONTINUOUS NATURAL TOP
CURL
FOLLOW MY LEADER
FULL REVERSE TOP
ROPE SPIN
TURKISH TOWEL

FOXTROT

BIG TOP
CHECK NATURAL SLIP
CHECKED REVERSE SLIP
CONTINUOUS HOVER CROSS
DOUBLE NATURAL SPIN DOUBLE NATURAL
DOUBLE REVERSE OVERSPIN

FOXTROT [continued]

DOUBLE TELEMAR
LEFT FEATHER
LINK TO SEMI-CLOSED POSITION
LINK TO SEMI-CLOSED
NATURAL TWIST TURN
PIVOT TO HAIRPIN
REVERSE CORTE
REVERSE PIVOT
RONDE AND SLIP
RUDOLPH RONDE
RUDOLPH RONDE AND SLIP RUDOLPH & SLIP
RUMBA CROSS
RUNNING HOVER
RUNNING SPIN
SAME FOOT LUNGE
SPIN AND DOUBLE TWIST
SPIN AND TWIST
TELEFEATHER
TELERONDE
TELESPIN TO BANJO POSITION
TELESPIN TO BANJO
TELESPIN TO CLOSED POSITION
TELESPIN TO CLOSED
TELESPIN TO SEMI-CLOSED POSITION
TELESPIN TO SEMI-CLOSED
TELESWIVEL
THREE FALLAWAYS
THROWAWAY OVERSWAY
TRAVELING CONTRA CHECK
TRAVELING HOVER CROSS
TRAVELING SWIVEL
TUMBLE TURN

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

PREFERRED CUE TERM [when different than the name of the action, movement or figure] IS UNDERLINED.

JIVE

CHOPPER
COCA ROLA
CURLY WHIP
FLEA HOPS
ROLLING OFF THE ARM
SHOULDER ROLL
SIMPLE SPIN
TURNSTILE
WHIP SPIN

MERENGUE

SNAKE

PASO DOBLE

CHASSE CAPE
FAROL
FREGOLINA
LA PASSE
SYNCPATED SEPARATION
TRAVELING SPINS FROM COUNTER
PROMENADE
TRAVELING SPINS FROM PROMEADE

QUICKSTEP

BIG TOP
FOUR QUICK RUN
PIVOT TO HAIRPIN
REVERSE CORTE
REVERSE PIVOT
RUDOLPH RONDE
RUDOLPH RONDE AND SLIP RUDOLPH & SLIP
RUMBA CROSS
SPIN AND DOUBLE TWIST
SPIN AND TWIST
TELESPIN TO BANJO POSITION
TELESPIN TO BANJO

QUICKSTEP [continued]

TELESPIN TO CLOSED POSITION
TELESPIN TO CLOSED
TELESPIN TO SEMI-CLOSED POSITION
TELESPIN TO SEMI-CLOSED
THROWAWAY OVERSWAY
TRAVELNG CONTRA CHECK
TUMBLE TURN
V-6

RUMBA

ADVANCED ALEMANA
ADVANCED HIP TWIST
ADVANCED SLIDING DOOR
BALLERINA WHEEL
CIRCULAR HIP TWIST
CONTINUOUS HIP TWIST
CONTINUOUS NATURAL TOP
CURL
FULL REVERSE TOP
HORSE AND CART
ROPE SPIN
SAME FOOT LUNGE
THREE ALEMANAS
THREE THREES
TURKISH TOWEL

SAMBA

CRUZADO
ROLLING OFF THE ARM

SLOW TWO STEP

PULL PASS

ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

* PHASE VI *

PREFERRED CUE TERM [when different than the name of the action,
movement or figure] IS UNDERLINED.

TANGO

CHASE
DOUBLE CLOSED PROMENADE
DOUBLE OPEN PROMENADE
DOUBLE TELEMAR
FOUR BY FIVE STEP
NATURAL PIVOT TURN
NATURAL PROMENADE TURN
NATURAL TWIST TURN
REVERSE PIVOT
RONDE AND SLIP
RUDOLPH RONDE
RUDOLPH RONDE AND SLIP RUDOLPH & SLIP
RUMBA CROSS
SAME FOOT LUNGE
TELESPIN
TELESWIVEL
THROWAWAY OVERSWAY
TRAVELING SWIVEL

WALTZ

BIG TOP
CHECKED NATURAL SLIP
CHECKED REVERSE SLIP
CONTINUOUS HOVER CROSS
CONTINUOUS WING
DOUBLE NATURAL SPIN DOUBLE NATURAL
DOUBLE REVERSE OVERSPIN
DOUBLE TELEMAR
LINK TO SEMI-CLOSED POSITION
 LINK TO SEMI-CLOSED

PIVOT TO HAIRPIN
REVERSE CORTE
REVERSE PIVOT
RONDE AND SLIP
RUDOLPH RONDE

WALTZ [continued]

RUDOLPH RONDE AND SLIP RUDOLPH & SLIP
RUMBA CROSS
RUNNING HOVER
RUNNING SPIN
SAME FOOT LUNGE
SPIN AND DOUBLE TWIST
SPIN AND TWIST
SPLIT RONDE
TELERONDE
TELESPIN TO BANJO POSITION
 TELESPIN TO BANJO
TELESPIN TO CLOSED POSITION
 TELESPIN TO CLOSED
TELESPIN TO SEMI-CLOSED POSITION
 TELESPIN TO SEMI-CLOSED

THREE FALLAWAYS
THROWAWAY OVERSWAY
TRAVELING CONTRA CHECK
TUMBLE TURN

WEST COAST SWING

CHEERLEADER
ROCK WHIP
SUGAR PUSH HOOK TURN
TRAVELING SIDE
WHIP INSIDE TURN
WHIP OUTSIDE TURN