



## **ROUNDALAB**

**STANDARDS FOR  
ROUND DANCING**

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



**ROUNDALAB STANDARD**  
**Listing of Phase Rated Figures by Phase**

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**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](http://www.roundalab.org)  
E-MAIL: [roundalab@roundalab.org](mailto: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  
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](http://www.roundalab.org)  
E-MAIL: [roundalab@roundalab.org](mailto:roundalab@roundalab.org)

## **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]  
BEHIND  
CHUG  
CLOSE  
CROSS  
CROSS 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]  
RECOVER  
ROCK  
RUN  
SIDE [Step]  
SLIDE  
STEP  
STOMP

#### MOVEMENTS [continued]

STRUT

*Optional Cue Term:* STROLL or SWAGGER

THRU

WALK

STRUT [# of steps]

WALK [# of steps]

#### TWO STEP

BALANCE AWAY AND TOGETHER  
BALANCE FORWARD AND BACK  
BALANCE LEFT AND RIGHT  
BOX  
CIRCLE AWAY AND TOGETHER  
CROSS WALK  
REVERSE BOX  
SIDE TWO STEP

SIDE TWO STEP APART AND  
TOGETHER  
TWO STEP, BACK  
TWO STEP, FORWARD

CROSS WALK [# of steps]

BACK TWO STEP  
FORWARD TWO STEP

#### WALTZ

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

BALANCE [direction]  
BALANCE [direction]

# ROUNDA LAB 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]

## 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]

## ROUNDA LAB 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 [# of steps]

TWIRL VINE

TWIRL VINE [# of steps]

TWISTY BALANCE

TWISTY BALANCE [direction]

TWISTY VINE

TWISTY VINE [# of steps]

VINE SIX

VINE THREE

WHEEL

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  
SLIP PIVOT  
SPIN TURN  
VINE  
WHISK  
WING

[#] RIGHT TURNS

#### 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  
CHASE  
CHASE WITH UNDERARM PASS  
CUCARACHA  
CUCARACHA CROSS  
FORWARD BASIC  
NEW YORKER  
OPEN BREAK  
REVERSE UNDERARM TURN  
SPOT TURN  
UNDERARM TURN

BREAK [to position]

#### MERENGUE

ARM SLIDE  
BASIC  
BREAK  
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  
STAIR SIDE  
UNDERARM TURN

BREAK [to position]

CONGA WALKS

LEFT & RIGHT

FORWARD STAIR

SIDE STAIR

#### QUICKSTEP

FISHTAIL  
HOVER  
BACK HOVER  
BACK HOVER [to ending position]  
FORWARD HOVER  
FORWARD HOVER [to ending position]  
HOVER FALAWAY  
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

#### 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

#### MOVEMENTS

HIP ROCK

#### ARGENTINE TANGO

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

#### FOXTROT

BACK FEATHER  
BACK HOVER TELEMARK  
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

#### BOLERO

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

SWITCH CROSS

## 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 FALAWAY  
NATURAL TURN [Full]  
NATURAL TURN ONE HALF  
OPEN NATURAL TURN  
OPEN REVERSE TURN  
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  
PROGRESSIVE WING  
PROMENADE SWAY  
PROMENADE WEAVE  
QUICK DIAMOND FOUR  
REERSE FALLAWAY FROM CLOSED POSITION  
REVERSE FALLAWAY  
REVERSE FALLAWAY FROM SEMI-CLOSED  
POSITION  
REVERSE TURN  
REVERSE TURN ONE HALF  
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  
MARCHESI  
MIAMI SPECIAL  
PRETZEL TURN  
RIVERBOAT SHUFFLE  
SAILOR SHUFFLE  
SHOULDER SHOVE  
SIDE BREAKS  
SOLE TAP  
SPANISH ARMS  
TRAVELING SAND STEPS  
TRIPLE WHEEL  
WINDMILL

## ROUNDA LAB 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 TELEMARK  
IN AND OUT RUNS  
LEFT WHISK  
NATURAL HOVER FALAWAY  
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

## ROUNDA LAB 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  
ALLTERNATIVE BASIC  
CROSS BODY  
DEVELOPE  
FAN [from 1/2 Basic]  
FLIRT  
HOCKEY STICK  
LATIN WHISK  
RONDE BOX  
SWITCH  
SWITCH ROCK  
TRADE PLACES  
UMBRELLA TURN

ALEMANA

FAN

SWITCH CROSS

#### 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.

#### 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 DOUBLE REVERSE  
EROS LINE  
FORWARD TIPPLE CHASSE  
HAIRPIN  
HINGE  
HOVER CROSS ENDING  
JETE POINT  
LILT  
LILT PIVOT  
MINI TELESPIN  
NATURAL FALLAWAY WEAVE  
NATURAL FALLAWAY WHISK  
NATURAL HOVER CROSS  
NATURAL TELEMARK  
NATURAL WEAVE  
OUTSIDE SPIN  
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  
SYNCOPATED WHISK  
TIPPLE CHASSE

## 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 TELESPIN  
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  
  BOTA 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 TELEMARK  
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  
SYNCOPATED 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 TELEMARK  
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 SEMI-CLOSED POSITION  
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 TELEMARK  
FOUR BY FIVE STEP  
NATURAL PIVOT TURN  
NATURAL PROMENADE TURN  
NATURAL TWIST TURN  
REVERSE PIVOT  
RONDE AND SLIP  
RUDOLPH RONDE  
RUDOLPH RONDE AND SLIP  
RUMBA CROSS  
SAME FOOT LUNGE  
TELESPIN  
TELESWIVEL  
THROWAWAY OVERSWAY  
TRAVELING SWIVEL

#### RUDOLPH & SLIP

#### 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 CLOSED POSITION  
TELESPIN TO SEMI-CLOSED POSITION  
THREE FALAWAYS  
THROWAWAY OVERSWAY  
TRAVELING CONTRA CHECK  
TUMBLE TURN

#### RUDOLPH & SLIP

#### TELESPIN TO BANJO

#### TELESPIN TO CLOSED

#### TELESPIN TO SEMI-CLOSED

#### WALTZ

BIG TOP  
CHECKED NATURAL SLIP  
CHECKED REVERSE SLIP  
CONTINUOUS HOVER CROSS  
CONTINUOUS WING  
DOUBLE NATURAL SPIN DOUBLE NATURAL  
DOUBLE REVERSE OVERSPIN  
DOUBLE TELEMARK  
LINK TO SEMI-CLOSED POSITION  
LINK TO SEMI-CLOSED  
PIVOT TO HAIRPIN  
REVERSE CORTE  
REVERSE PIVOT  
RONDE AND SLIP  
RUDOLPH RONDE

#### WEST COAST SWING

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