



**ROUNDALAB**

**STANDARDS FOR  
ROUND DANCING**

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



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

**ROUNDALAB STANDARD**  
**Listing of Phase Rated Actions, Movements and Figures by Rhythm**

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)

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 Actions, Movements and Figures by Rhythm**

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

## \* ACTIONS \*

Defined as motion without weight change. Not limited to any specific rhythm[s].

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

### PHASE I

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

### PHASE II

BRUSH  
KICK  
KNEE  
LIFT  
PIVOT  
SPIN  
SWING  
SWIVEL  
TWIST  
UNWRAP  
WRAP

### PHASE III

DISHRAG  
FAN  
FLARE  
FLICK  
HOOK  
RISE

### PHASE IV

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

SWAY

SWAY

### PHASE V

BODY ROLL  
BOLEO  
CHANGE OF SWAY  
HEAD FLICK  
SPIRAL

### PHASE VI

BODY RIPPLE  
OPPOSITION POINTS  
TUMBLE

UNWRAP [to ending position]

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

## \* MOVEMENTS \*

Defined as motion without weight change. Not limited to any specific rhythm[s].

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

### PHASE I

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

### PHASE II [continued]

PICKUP  
 ROLL ROLL [# of steps] [to ending position]  
 SKIP SKIP [# of steps]  
 UNWIND

### PHASE III

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

### PHASE IV

HIP ROCK

### PHASE VI

CHALLENGE LINE  
 TUNNEL

### PHASE II

CHECK  
 CUT  
 DIP  
 HOP  
 LOCK  
 LUNGE LUNGE [direction]  
 MANEUVER

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures

## \* ARGENTINE TANGO \*

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

### PHASE IV

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

### PHASE V

LA COBRA  
SENTADA

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* BOLERO \*

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

### PHASE III

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

### PHASE IV

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

### PHASE V

CONTRA BREAK  
CUDDLE  
HALF MOON  
HORSESHOE TURN  
RIFF TURN  
SWEETHEART

### PHASE VI

CHECKED RIGHT PASS  
FULL MOON

SWITCH CROSS

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* CHA CHA \*

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

### PHASE III

BACK BASIC  
BASIC  
BREAK  
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

BREAK [to position]

### PHASE IV

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

ALEMANA

FAN

SWITCH CROSS

### PHASE V

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

DOUBLE CUBANS

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

**\* CHA CHA \***

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

## PHASE VI

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

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* FOXTROT \*

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

### PHASE III

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  
RIGHT FACE TURN      [#] RIGHT TURNS  
SLIP PIVOT  
SPIN TURN

### PHASE III [continued]

TWISTY VINE  
VINE  
WHISK  
WING

### PHASE IV

BACK FEATHER  
BACK HOVER TELEMARCK  
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  
HEEL PULL  
HESITATION CHANGE  
HOVER CORTE  
HOVER TELEMARCK  
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

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* FOXTROT \*

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

### PHASE IV [continued]

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  
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

### PHASE V

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 TELESPIIN  
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

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* FOXTROT \*

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

### PHASE V [continued]

SYNCOATED WHISK  
TIPPLE CHASSE  
TOP SPIN  
TURNING LOCK  
*Optional Cue Term*: LEFT TURNING LOCK  
ZIG ZAG

### PHASE VI

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

### PHASE VI [continued]

TELEFEATHER  
TELERONDE  
TELESPIN TO BANJO POSITION  
   TELESPIN TO BANJO  
TELESPIN TO CLOSED POSITION  
   TELESPIN TO CLOSED  
TELESPIN TO SEMI-CLOSED POSITION  
   TELELSPIN 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 by Rhythm

**\* JIVE \***

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

## PHASE III

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

## PHASE IV

AMERICAN SPIN  
CHICKEN WALKS  
CONTINUOUS CHASSE  
GLIDE TO THE SIDE  
LINDY CATCH  
MARCHESSI  
MIAMI SPECIAL

## PHASE IV [continued]

PRETZEL TURN  
RIVERBOAT SHUFFLE  
SAILOR SHUFFLE  
SHOULDER SHOVE  
SIDE BREAKS  
SOLE TAP  
SPANISH ARMS  
TRAVELING SAND STEPS  
TRIPLE WHEEL  
WINDMILL

## PHASE V

CATAPULT  
CHASSE ROLL  
FLICKS INTO BREAKS  
MOOCH  
NECK SLIDE  
SHE GO, HE GO  
STOP AND GO  
WHIP THROWAWAY  
WHIP TURN

## PHASE VI

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

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* MAMBO \*

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

### PHASE III

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

### PHASE IV

AIDA  
CROSS BODY  
PATTY CAKE TAP  
ALTERNATIVE BASIC  
SCALLOP  
TRADE PLACES

### PHASE V

ARM CHECK

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* MERENGUE \*

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

### PHASE III

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

### PHASE IV

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

### PHASE V

OPEN BREAK TO A MAN'S WRAP AND UNWIND  
STOP AND GO  
WRAP AROUND

### PHASE VI

SNAKE

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* PASO DOBLE \*

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

### PHASE IV

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

### PHASE V

BANDERILLAS  
COUP DE PIQUE  
FALLAWAY REVERSE  
GRAND CIRCLE  
LEFT FOOT COUP DE PIQUE  
PROMENADE  
PROMENADE ending in Closed Position  
SHADOW ATTACK  
SIXTEEN

### PHASE VI

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

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* QUICKSTEP \*

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

### PHASE III

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

### PHASE IV

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 FALLAWAY

### PHASE IV [continued]

NATURAL TURN  
OPEN NATURN 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  
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

### PHASE V

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

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* QUICKSTEP \*

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

### PHASE V [continued]

HINGE  
JETE POINT  
MINI TELESPIIN  
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

### PHASE VI

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

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* RUMBA \*

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

### PHASE III

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  
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

### PHASE IV

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

### PHASE V

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

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* RUMBA \*

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

### PHASE VI

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



# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* SAMBA \*

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

### PHASE IV

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

### PHASE V

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]

### PHASE VI

CRUZADO  
ROLLING OFF THE ARM

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* SINGLE SWING \*

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

### PHASE III

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

### PHASE IV

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

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* SLOW TWO STEP \*

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

### PHASE III

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

### PHASE IV

CHANGE SIDES UNDERARM  
INSIDE ROLL  
LEFT TURN WITH INSIDE ROLL  
OUTSIDE ROLL  
RIGHT TURN WITH OUTSIDE ROLL  
SWEETHEART RUNS  
SWEETHEART WRAP  
SWITCH  
THE SQUARE  
TRAVELING CROSS CHASSE

### PHASE V

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

### PHASE VI

PULL PASS

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* TANGO \*

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

### PHASE III

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

### PHASE IV

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

### PHASE IV [continued]

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

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* TANGO \*

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

### PHASE V

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

### PHASE VI

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



# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* TWO STEP \*

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

### PHASE II [continued]

SCISSORS  
SCISSORS HITCH  
SCOOT  
SKATE  
SLIDING DOOR  
SPOT SPIN  
STEP SWIVEL  
THRU SCISS  
TRAVELING DOOR  
TWIRL  
TWIRL VINE  
TWISTY VINE  
TWO TURNING TWO STEPS  
VINE  
VINE [Open]  
VINE APART AND TOGETHER  
VINE EIGHT  
VINE FOUR  
VINE THREE  
WHEEL

SPIN  
SWIVEL  
SCISSORS THRU  
TWIRL [# of steps]  
TWIRL VINE [# of steps]  
TWISTY VINE [# of steps]  
VINE [# of steps]  
OPEN VINE [# of steps]  
WHEEL [to ending position]

### PHASE III

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

PIVOT 2  
FORWARD STAIR  
SIDE STAIR

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* WALTZ \*

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

### PHASE I

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

### PHASE II

BACK TWINKLE  
BACK WALTZ  
Box Variations:  
    BOX LEFT TURNING              LEFT TURNING BOX  
    BOX RIGHT TURNING            RIGHT TURNING BOX  
    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 TWINKLE  
REVERSE TWIRL                      REVERSE TWIRL [# of steps]  
REVERSE TWIRL VINE  
   REVERSE TWIRL VINE [# of steps]  
RIGHT FACE TURNING WALTZ  
   [#] RIGHT TURNS [to ending position]

### PHASE II [continued]

ROLL  
SOLO WALTZ TURN  
   SOLO TURN [to ending position]  
SPIN MANEUVER  
SPOT SPIN                              SPIN  
SWAY                                      SWAY [direction]  
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]

### PHASE III

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

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* WALTZ \*

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

### PHASE III [continued]

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  
PIVOT TO SEMI-CLOSED POSITION  
PIVOT TO SEMI-CLOSED  
  
SLIP PIVOT  
SPIN TURN  
WHISK  
WING

### PHASE IV

BACK HOVER TELEMAR  
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

### PHASE IV [continued]

HEEL PULL  
HESITATION CHANGE  
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  
REVERSE FALLAWAY FROM SEMI-CLOSED  
POSITION REVERSE FALLAWAY  
RIGHT LUNGE  
SLOW SIDE LOCK  
TELEMAR TO BANJO POSITION  
TELEMAR TO BANJO  
*Optional Cue Term: CLOSED TELEMAR*  
TELEMAR TO SEMI-CLOSED POSITION  
TELEMAR TO SEMI-CLOSED  
*Optional Cue Term: OPEN TELEMAR*  
VIENNESE CROSS  
VIENNESE TURNS  
WEAVE TO BANJO POSITION WEAVE TO BANJO  
WEAVE TO SEMI-CLOSED POSITION  
WEAVE TO SEMI-CLOSED  
  
WHIPLASH

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* WALTZ \*

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

### PHASE V

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  
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  
SYNCOATED WHISK  
TIPPLE CHASSE  
TOP SPIN  
TURNING LOCK

### PHASE VI

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  
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

# ROUNDALAB STANDARD

Listing of Phase Rated Actions, Movements and Figures by Rhythm

## \* WEST COAST SWING \*

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

### PHASE IV

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

### PHASE V

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

### PHASE VI

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