

ROUNDALAB STANDARDS

CORRECTIONS & REPLACEMENT PAGES - 1999

- ABBREVIATIONS -

CHANGE the following to a Permanent Standard:

intld Interlude

ADD as a * Tentative the swung dash or tilde (~) to II Punctuation:

* ~ The "tilde" is used in Head Cues to connect figures that cross measures.
ie. Change R to L ~ Change L to R;;;

- GLOSSARY -

CHANGE the following to Permanent Standards under II General Terms:

Body Roll Toe Spin Traveling

ADD the following * Tentative descriptions to II General Terms:

* Line of Progression line of prog none
Direction the movement or flow of the dance is currently moving. May be LOD or RLOD. In general, if the couple is in closed or semi closed position facing the wall or LOD then the 'Line of Progression' is counter-clockwise or LOD.

* Measure of Music meas of music none
2/4 time = two (2) beats = one measure
3/4 time = three (3) beats = one measure
4/4 time = four (4) beats = one measure
6/8 time = six (6) beats = one measure

* Picture Figure picture fig none
An action or movement where the majority of the activity centers around the 'frame' of the couples dance position.

* Reverse Line of Progression rev line of prog none
The opposite direction the movement or flow of the dance is currently moving. May be LOD or RLOD. In general, if the couple is in closed or semi closed position facing center or RLOD then the 'Reverse Line of Progression' is counter-clockwise or LOD.

- PHASE II -

CHANGE the following to Permanent Standards under Actions:

Pivot Spin

- PHASE III -

ADD the enclosed * Tentative Standards in the MERENGUE Rhythm after MAMBO to your Standards.

- PHASE IV -

CHANGE the following to Permanent Standards:

| | | |
|--------------------|---------------------------|-------------------|
| ACTIONS: | Broken Sway | Hover Sway |
| FOXTROT: | Quick Diamond Four | |
| PASO DOBLE: | Flamenco Taps | |
| RUMBA: | Latin Whisk | |
| WALTZ: | Quick Diamond Four | |

REPLACE the pages in your Standards with the enclosed:

TANGO - Page 1 & 2 (addition of Open Natural Turn)

QUICKSTEP - Page 3 & 4 and 5 & 6 (correction on Natural Turn, Natural Turn One Half, Open Natural Turn)

ADD the enclosed * Tentative Standards in the MERENGUE Rhythm after MAMBO to your Standards.

CHANGE the "&" to "a" in the WEST COAST timing under JIVE.

- PHASE V -

CHANGE the following to Permanent Standards:

| | |
|-----------------|-------------------|
| ACTIONS: | Body Roll |
| FOXTROT: | Lift Pivot |
| WALTZ: | Lift Pivot |

ADD the following * Tentative to ACTIONS:

* Head Flick hd flk Head Flick

Man quickly rotates hips to side and back again to cause Woman to snap head from one side to the other and back again. No weight change. Man's head turns very little if at all. Timing is &S. Used primarily in Tango.

CHANGE the "&" to "a" in the WEST COAST timing under JIVE.

CHANGE the timing in SAMBA for:

Corta Jaca to 1,2&,3&,4&;

Plait to 1,2,3&,4; 1,2,3&,4;

REPLACE this page in your Standards with the enclosed:

JIVE - Page 1 & 2 (correction on Flicks into Breaks)

- PHASE VI -

REPLACE this page in your Standards with the enclosed:

TANGO - Page 4 & 5 (addition of Teleswivel)

CHANGE the "&" to "a" in the WEST COAST timing under JIVE.

MERENGUE

CHARACTERISTICS: [Timing usually written 2/4 but may be written 4/4. The figures described below are written in 4/4 timing.] Merengue must be regarded as a spot dance because of its characteristic spot turns and hip control steps. Consistently alternating steps are taken on the evenly timed beats of the 2/4 measures. Hip undulation [wave like motion] dominates each change of weight as does Rumba. The first step is the main travel step with the Rumba body action. While 2/4 timing is typical, step patterns fit naturally into sequence of four or eight counts.

- 1 -

MERENGUE

ROUNDALAB STANDARD

Phase III of Round Dancing

* Stair Forward

1,2,3,4;

fwd stair

FWD, CL, SD, CL;

(BK, CL, SD, CL);

Forward Stair

MAN: Forward left, close right, side left, close right

WOMAN: Back right, close left, side right, close left;

NOTE: Closed position throughout.

* Stair Side

1,2,3,4;

sd stair

SD, CL, FWD, CL;

(SD, CL, BK, CL);

Side Stair

MAN: Side left, close right, forward left, close right;

WOMAN: Side right, close left, back right, close left;

NOTE: Closed position throughout.

ROUNDALAB STANDARD
Phase IV of Round Dancing

TANGO

TG. TANGO

CHARACTERISTICS: [Timing is 4/4] Figures are sometimes written in 1 1/2 measures using 3 patterns of timing: {SS;} {QQS;} {QQQQ;}. All forward steps are heel leads, side steps are inside edge of foot and closing steps are flat whole foot. Foot placement in closed position is slightly different than other rhythms. The right foot is placed a few inches back so that the right toe is level with the left instep; this will help to hold the knees in a slightly flexed but very firm position. Each foot is picked up and placed deliberately with no rise and fall. No body flight and no swing. The hold is very compact with the woman further around the man's right side.

Advance Corte

adv corte

Advance Corte

QQS;

BACK, DRAW, THRU, -;

(FWD, DRAW, THRU), -;

MAN: Back and side left with lowering action and supporting leg relaxed, draw right to left turning to semi-closed position, step thru right, -;

WOMAN: Forward right, draw left to right to semi-closed position, step thru left, -;

**** Argentine Basic**

Developé [no swivel]

none

Developé

[Moved from Phase VI-on Phase VI Video Tape]

SQQ;

FWD CK, -,-,-;

(BK, -, DEVELOPE);

MAN: Forward left outside partner checking, -,-,-;

WOMAN: Back right, -, bring left foot up right leg to outside of right knee, extend left foot forward;

NOTE: Figure is executed on ball of foot with body stretched upward on developé but knee remains flexed. May be executed from any position, with either foot and by either or both partners, with or without the swivel.

**** Doble Cruz**

Leg Crawl

none

Leg Crawl

SS

REC, -, BK,

(REC & LIFT LEG, -, LOWER LEG & SM FWD), -;

MAN: Recover left keeping right leg extended side, -, small back right in closed position,

WOMAN: Recover right and lift leg up along man's outer thigh with toe pointed to floor, -, bring leg down and small forward left,

NOTE: Generally commences from the right lunge. Other timings are possible. Begins in closed position with man's left and woman's right foot free.

**** Ochos**

*** Open Natural Turn**

op nat tm

Open Natural

QQS;

FWD TRN, SD, BK, -;

(BK TRN, CL, FWD), -;

MAN: Commence right face upper body turn forward right heel to flat foot, side left across line of dance, continue slight right face upper body turn to lead partner to step outside back right to CBMP, -;

WOMAN: Commence right face upper body turn back left, close right [heel turn] continue turn, forward left outside partner to end CBMP, -;

ROUNDALAB STANDARD

Phase IV of Round Dancing

Open Reverse Turn Closed Finish op rev tm cl fin Open Reverse Turn Closed Finish
[Moved from Phase V-on Phase V Video Tape]

QQS: QQS:

FWD TRN, FWD TRN, BK, -; BK TRN, SD & FWD, CL, -;
(BK TRN, SD, FWD, -; FWD TRN, SD & BK, CL), -;

MAN: Forward left turning left face, forward right continuing turn, back left in CBMP reverse line of progression, -; back right turning left face, side and forward left, close right near left in closed position, -;

WOMAN: Back right turning left face, side left, forward right outside partner in CBMP, -;
forward left turning left face, side and back right, close left near right to closed position, -;

NOTE: Starts in closed position, step 3 goes to CBMP, step 4 to closed position. Ends in closed position. Makes a 3/4 turn to the left.

Outside Swivel

outsd swvl

Outside Swivel

QQS:

BK, XIF [NO WGT], HOLD, HOLD;
(FWD, SWVL, [NO WGT], HOLD, HOLD):

MAN: In banjo position back on left, cross right in front of left with no weight, -;

WOMAN: In banjo position forward on right, swivel right face on ball of right foot, ending in semi-closed position. -;

Oversight

ovrsway

Oversway

S

SD SWAY, -,
(SD SWAY), -.

MAN: Side left relaxing left knee leaving right leg extended and stretching left side of body and looking in designated direction, -.

WOMAN: Side right relaxing right knee leaving left leg extended and stretching right side looking well to left. -

NOTE: As knee is flexed there is a slight left face turn similar to a side dip or side corte. Begins in closed position with man's left and woman's right foot free.

Pivot Right Face Double

pvt RF dbi

Pivot 4

SS: SS:

BK TRN, -, FWD TRN, -; BK TRN, -, FWD TRN, -;
(FWD TRN, -, BK TRN, -; FWD TRN, -, BK TRN), -;

MAN: Usually starts in closed position facing reverse line of dance with soft or flexed knees throughout commence right face upper body turn back left toe turning on ball of foot approximately 1/2 right face, -, continuing turn forward right between woman's feet heel to toe turning approximately 1/2, -; continuing turn back left toe turning on ball of foot approximately 1/2 right face, -, continuing turn forward right between woman's feet heel to toe turning right face to end in position and facing direction indicated, -;

WOMAN: Usually starts in closed position facing line of dance with soft or flexed knees throughout commence right face upper body turn forward right between man's feet heel to toe turning approximately 1/2 right face, -, continuing turn back left toe turning on ball of foot approximately 1/2 right face, -; continuing turn forward right between man's feet heel to toe turning approximately 1/2 right face, -, continuing turn back left toe turning on ball of foot to end in position and facing direction indicated, -;

Promenade Sway

PROM sway

Promenade Sway

SS:

SD & FWD [SCP], -, RELAX KNEE, -;
(SD & FWD [SCP], -, RELAX KNEE), -;

MAN: Side and forward left turning to semi-closed position look over joined lead hands, -, relax left knee. -:

WOMAN: Side and forward right turning to semi-closed position look over joined lead hands, -, relax right knee, -;

ROUNDALAB STANDARD
Phase IV of Round Dancing

QUICKSTEP

- # **Flicker** none Flicker
 &Q&Q HEELS OUT/HEELS IN, HEELS OUT/HEELS IN,
 (HEELS OUT/HEELS IN, HEELS OUT/HEELS IN),
MAN OR WOMAN: Standing on both feet on toes with feet together turn both heels out/bring both heels back together, turn both heels out/bring both heels together,
NOTE: Remain on toes throughout. Keep knees relaxed, very light and quick. Takes only 1/2 measure.
- ## **Heel Pull** none Heel Pull
 SS; BK TRN, -, SD, -;
 (FWD, -, SD, DRAW);
MAN: Back left starting right face turn, -, continue right face turn on left pull right heel toward left and change weight to right, -;
WOMAN: Forward right turning right face, -, side left, draw right to left;
NOTE: Timing for man is slow, -, slow, -; (timing for woman is slow, -, quick, quick;).
- # **Hesitation Change** hes chg Hesitation Change
 SS; S BK TRN, -, SD TRN, -; DRAW, -,
 (FWD TRN, -, SD TRN, -; DRAW), -,
MAN: Back left turning right face, -, side right turning slightly right face, -; draw left to right, -,
WOMAN: Forward right turning right face, -, side left turning slightly right face, -; draw right to left, -,
NOTE: A 1 1/2 measure figure usually done in closed position but may be done in CBMP. Turn may be 1/8 to 1/2.
- # **Hover Corte** hvr corte Hover Corte
 SQQ; or SS; BK & TRN, -, SD & FWD RISE, REC BK;
 (FWD & TRN, -, SD & BK RISE, REC FWD);
MAN: Back right starting left face turn, -, side and forward left with hovering action, recover back right in CBMP;
WOMAN: Forward left turning left face, -, side and forward right with hovering action, recover left to CBMP;
NOTE: Up to 1/2 left face turn. Starts in closed position, stays in closed position for steps 1 and 2, goes to CBMP on step 3.
- # **Hover Telemark** hvr tele Hover Telemark
 SQQ; or SS; S FWD, -, SD & FWD RISE & TRN, FWD;
 (BK, -, SD & BK RISE & TRN, FWD);
MAN: Forward left, -, diagonal side and forward right rising slightly [hovering] with body turning 1/8 to 1/4 right face, forward left small step on toes to semi-closed position;
WOMAN: Back right, -, diagonal side and back left with hovering action and body turning 1/8 to 1/4 right face, forward right small step on toes to semi-closed position;
NOTE: Starts in closed position and ends in semi-closed position. Woman may brush right to left on second step.

QUICKSTEP**ROUNDALAB STANDARD****Phase IV of Round Dancing****# In and Out Runs**

SQQ; SQQ;

I/O runs

In and Out Runs

FWD TRN, -, SD & BK, BK; BK TRN, -, SD & FWD

TRN, FWD;

(FWD, -, FWD, FWD; FWD, -, FWD SD TRN, FWD);

MAN: Forward right starting right face turn, -, side and back wall and line of dance on left to closed position, back right to CBMP; back left turning right face, -, side and forward right between woman's feet continuing right face turn, forward left to semi-closed position;

WOMAN: Forward left, -, forward right between man's feet, forward left in CBMP; forward right starting right face turn, -, forward and side left continuing turn, forward right to semi-closed position;

NOTE: Figure requires 2 measures. Starts and ends in semi-closed position.

Left Whisk

SQQ; or SS; S

L wsk

Left Whisk

THRU, -, SD & FWD, XIB;

(THRU, -, SD & BK, XIB);

MAN: Thru right to momentary semi-closed position, -, side and forward left to closed position, cross right well behind left to reverse semi-closed position turning upper body to right;

WOMAN: Thru left, -, side and slightly back right to closed position, cross left well behind right;

NOTE: Often begins in semi-closed position. Whisk is flat.

Natural Hover Fallaway

SQQ or SS; S

nat hvr falwy

Natural Hover Fallaway

FWD TRN, -, FWD TRN, REC BK;

(FWD, -, FWD TRN, REC BK);

MAN: Forward right with slight body turn to right, -, forward left on toe turning to right with slow rise, recover back on right;

WOMAN: Forward left, -, forward right on toe between man's feet turning right face with slow rise, recover back on left;

NOTE: Semi-closed position throughout. Usually 1/4 turn to right but can be up to 1/2 turn. Progressive figure, no steps should go to reverse line of dance.

Natural Turn

SQQ; SS; S

nat tm

Natural Turn

FWD TRN, -, SD, CL; BK TRN, -, HEEL PULL, -; FWD, -;

(BK TRN, -, SD, CL; FWD TRN, -, SD, -; BK), -;

MAN: Commence right face turn forward right heel to toe, -, side left across line of dance, close right to left; back left starting right face turn, -, continue turn on left heel pull right foot back to left transferring weight to right at end of step ending with feet slightly apart, -; forward left, -;

WOMAN: Commence right face turn back left, -, side right across line of dance, close left to right; forward right heel to toe continue right face turn, -, side left across line of dance, -; back right, -;

NOTE: Requires 2 1/2 measures. Closed position throughout. Starts diagonal line and wall and ends diagonal line and center. Last step of this figure [forward left for Man and back right for Woman] is the beginning step of the next figure.

Natural Turn One Half

SQQ;

nat tm 1/2

Half Natural

FWD TRN, -, SD, BK;

(BK TRN, -; CL, FWD);

MAN: Commence right face turn forward right heel to toe, -, side left across line of dance, close right to left;

WOMAN: Commence right face turn back left, -; close right to left continue turn, forward left;

ROUNDALAB STANDARD
Phase IV of Round Dancing

QUICKSTEP

Open Natural Turn

SS; S or SQQ;

op nat trn Open Natural

FWD TRN, -, SD, -; BK, -;
(BK TRN, -, CL, -; FWD), -;

MAN: Commence right face turn forward right heel to toe, -, side left across line of dance, -;
continue right face upper body turn to lead partner to step outside back right to CBMP, -;

WOMAN: Commence right face turn back left, -, close right continue turn, -; forward left
outside partner to end CBMP, -;

NOTE: May be done from closed, banjo or semi-closed position.

Outside Change to Banjo Position

SQQ;

outsd chg to BJO Outside Change to Banjo

BK, -, BK TRN, SD & FWD;
(FWD, -, FWD TRN, SD & BK);

MAN: Back left, -, back right turning left face, side and forward left to CBMP;

WOMAN: Forward right, -, forward left turning left face, side and back right to CBMP;

NOTE: Starts in closed or CBMP. Up to 1/2 left face turn. No sway. Woman keeps head
left throughout.

Outside Change to Semi Closed Position

SQQ;

outsd chg to SCP Outside Change to Semi-Closed

BK, -, BK TRN, SD & FWD;
(FWD, -, FWD TRN, SD & FWD);

MAN: Back left, -, back right turning right face, side and forward right to semi-closed
position;

WOMAN: Forward right, -, forward left turning left face, side and forward right to
semi-closed position;

NOTE: Starts in closed or CBMP. Up to 1/2 left face turn. No sway. Woman keeps head
left for steps 1 and 2 but turns head to right on step 3.

Outside Swivel

SS;

outsd swvl Outside Swivel

BK XIF [NO WGT], -, HOLD, -;
(FWD SWVL, -, HOLD), -;

MAN: In banjo position back on left cross right in front of left with no weight, -, hold, -;

WOMAN: In banjo position forward on right, -, swivel right face on ball of right foot ending in
semi-closed position hold, -;

Pivot Right Face Double

SS; SS;

pvt RF dbl Pivot 4

BK TRN, -, FWD TRN, -; BK TRN, -, FWD TRN, -;
(FWD TRN, -, BK TRN, -; FWD TRN, -, BK TRN), -;

MAN: Usually starts in closed position facing reverse line of dance with soft or flexed knees
throughout commence right face upper body turn back left toe turning on ball of foot
approximately 1/2 right face, -, continuing turn forward right between woman's feet heel to
toe turning approximately 1/2, -; continuing turn back left toe turning on ball of foot
approximately 1/2 right face, -, continuing turn forward right between woman's feet heel to
toe turning right face to end in position and facing direction indicated, -;

WOMAN: Usually starts in closed position facing line of dance with soft or flexed knees
throughout commence right face upper body turn forward right between man's feet heel to
toe turning approximately 1/2 right face, -, continuing turn back left toe turning on ball of
foot approximately 1/2 right face, -; continuing turn forward right between man's feet heel
to toe turning approximately 1/2 right face, -, continuing turn back left toe turning on ball of
foot to end in position and facing direction indicated, -;

QUICKSTEP**ROUNDALAB STANDARD****Phase IV of Round Dancing****# Progressive Chasse**

SQQ; S

prog chasse

BK, -, SD, CL; SD, -,

(FWD, -, SD, CL; SD), -,

Progressive Chasse

MAN: Back right, -, side left turning slightly left face, close right; side and slightly forward left to end in CBMP, -,

WOMAN: Forward left, -, side right turning slightly left face, close left; side and slightly back right to end in CBMP, -,

NOTE: A 1 1/2 measure figure starting in closed position and ending in CBMP.

Promenade Sway

SS;

PROM sway

SD & FWD, -, RELAX KNEE, -;

(SD & FWD, -, RELAX KNEE), -;

Promenade Sway

MAN: Side and forward left turning to semi-closed position and stretching body upward to look over joined lead hands, -, relax left knee, -;

WOMAN: Side and forward right turning to semi-closed position and stretching body upward to look over joined lead hands, -, relax right knee, -;

Quarter Turns

SS; QQS; SS; S

qtr trns

FWD, -, FWD TRN, -; SD, CL, SD & BK, -; BK, -,

HEEL PULL, -; FWD, -,

Quarter Turns

(SS; QQS; QQS; S)

(BK, -, BK TRN, -; SD, CL, SD & FWD, -; FWD, SD, CL, -;

BK), -,

MAN: Forward left, -, forward right turning right face, -; side left, close right, side and back left, -; back right, -, heel pivot, -; forward left, -, ending feet parallel,

WOMAN: Back right, -, back left turning right face, -; side right, close left, side and forward right, -; forward left turning left face, side right continuing turn, close left, -; back right, -,

NOTE: A 3 1/2 measure figure in closed position throughout. Starts and ends diagonal line and wall.

Quarter Turns and Progressive Chasse

SS; QQS; SQQ; SS;

qtr trns & prog chasse

FWD, -, FWD TRN, -; SD, CL, SD & BK, -; BK, -, SD, CL;

SD & FWD, -, FWD, -;

(BK, -, BK TRN, -; SD, CL, SD & FWD, -; FWD, -, SD, CL;

SD & BK, -, BK) -;

Quarter Turns and Progressive Chasse

MAN: Forward left, -, forward right turning right face, -; side left turning 1/8 right face, continue 1/8 right face turn close right, side and back left diagonal line and center, -; back right diagonal line and center start left face turn, -, side left, close right; side and slightly forward left, -, forward right to CBMP diagonal line and wall, -;

WOMAN: Back right, -, back left turning right face, -; side right turning 1/8 right face, continue 1/8 right face turn close left, side and forward right diagonal line and center, -; forward left diagonal line and center start left face turn, -, side right, close left; side and slightly back right, -, back left to CBMP diagonal line and wall, -;

NOTE: A 3 measure figure starting and ending diagonal line and wall. It is danced in closed position throughout until the last step which ends in contra-banjo position.

ROUNDALAB STANDARD
Phase IV of Round Dancing

MERENGUE

MR. MERENGUE

CHARACTERISTICS: [Timing usually written 2/4 but may be written 4/4. The figures described below are written in 4/4 timing.] Merengue must be regarded as a spot dance because of its characteristic spot turns and hip control steps. Consistently alternating steps are taken on the evenly timed beats of the 2/4 measures. Hip undulation [wave like motion] dominates each change of weight as does Rumba. The first step is the main travel step with the Rumba body action. While 2/4 timing is typical, step patterns fit naturally into sequence of four or eight counts.

*** Conga Break**
1,2,3&,4;

conga brk Conga Break
FWD, FWD, XIF/CL, HEEL TAP;
(FWD, FWD XIF/CL, HEEL TAP);

MAN: In semi-closed position forward left, forward right, swiveling right face on right cross left in front of right/step in place right, flexing right knee tap left heel forward with upper body slightly leaning forward;

WOMAN: In semi-closed position forward right, forward left, swiveling left face on left cross right in front of left/step in place left, flexing left knee tap heel forward with upper body slightly leaning forward.

NOTE: Semi-closed position throughout. May be danced XIF/close,heel tap - then forward, forward [Timing: 1&,2,3,4;]

*** Glide**
1&,2&,3,4;

glide Glide
SD/CL, SD/CL, SD, CL;
(SD/CL, SD/CL, SD, CL);

MAN: Side left/close right, side left/close right, side left, close right;

WOMAN: Side right/close left, side right/close left, side right, close left;

NOTE: Starts and ends in closed position. In first four steps, danced high on toes due to its speed with less hip motion. Timing may vary.

ROUNDALAB STANDARD
Phase V of Round Dancing

JIVE

JV. JIVE

CHARACTERISTICS: [Timing is 4/4] Figures are written in 1 1/2 measures. Jive may be done as Single Swing with timing QQS; S; Double Swing with timing 1,2,3,4; 1,2, and Triple Swing with timing 1,2,3&4; 1,2, . Figures are done with soft knees. Rock recover steps are taken with a forward poise and on the ball of the foot.

American Spin

[Moved to Phase IV-on Phase V Video Tape]

Catapult

1,2,3a,4; 1a,2,

none

Catapult

FWD, REC, IN PLC/STP, STP; IN PLC/STP, STP,
(RK BK, REC, FWD/STP, SPN; IN PLC/STP, STP),

MAN: Forward left, recover right; in place left/right, left, in place right/left, right,

WOMAN: Rock back right, recover left, forward right commence right face turn/side left continue right face turn, spin right face on right; in place left/right, left to face partner,

NOTE: Starts in tandem position [woman behind man] double handhold release right hands after first 2 steps, on first triple woman passes man to his left side turning 1/2 right face to face partner.

Chasse Roll

1,2,3a,4; 1a,2,3a,4;

none

Chasse Roll

RK BK, REC, SD/CL, SD TRN; SD/CL, SD TRN, SD/CL,
SD;

(RK BK, REC, SD/CL, SD TRN; SD/CL, SD TRN, SD/CL,
SD);

MAN: Rock back left to semi-closed position, recover right to face, side left/close right, side left turn right to back-to-back position; side right/close left, side right continue turn to face, side left/close right, side left end facing partner completing one full turn;

WOMAN: Rock back right to semi-closed position, recover left to face, side right/close left, side right turn left face to back-to-back position; side left/close right, side left continue turn to face, side right/close left, side right end facing partner completing 1 full turn;

NOTE: May be done in opposite direction with opposite turn and opposite footwork.

Flicks into Breaks

flks into brks

Flicks into Breaks

1,2,3,4; 1,2,3,4; 1,2,3,4; 1,2,3,4; 1,-,-/a,4;

RK BK, REC, PT, STP; PT, STP, PT, STP; KCK,
STP, KCK, STP; KCK, STP, KCK, STP;

FWD, -, -/REC,FWD;

(RK BK, REC, PT, STP; PT, STP, PT, STP; KCK,
STP, KCK, STP; KCK, STP, KCK, STP;

FWD, -, -/REC,FWD);

MAN: Rock back left, recover right, point left, step left forward; point right thru, step right forward, point left, step left forward; kick right thru, step to right side on right, kick left thru, step to left side on left; kick right thru, step to right side on right, step to left side on left; step forward on right, -, -/recover on ball of left, forward right;

WOMAN: Rock back right, recover left, point right, step right forward; point left thru, step left forward, point right, step right forward; kick left thru, step to left side on left, kick right thru, step to right side on right, kick left thru, step to left side on left, kick right thru, step to right side on right; step forward on left, -, -/recover on ball of right, forward left;

Flicks into Breaks continued on Page 2.

JIVE

ROUNDALAB STANDARD

Phase V of Round Dancing

NOTE: This is a 5 measure figure which does not utilize the basic Jive rhythm. It starts in semi-closed position and may be done in butterfly or loose closed positions. The figure progresses on the point steps. The kick steps are taken in place kicking first thru toward line of dance then between partners toward reverse line of dance and then repeat. The Point Steps are described in Phase IV Jive.

Mooch

none

Mooch

1,2,3,4; 1,2,3,4; 1a,2,3,4; 1,2,3,4; 1,2,3a,4;

RK BK, REC, KCK, CL; KCK, CL, RK BK, REC;

FWD TRN/CL, FWD, RK BK, REC; KCK, CL, KCK, CL;

RK BK, REC, FWD TRN/CL, FWD;

(RK BK, REC, KCK, CL; KCK, CL, RK BK, REC;

FWD TRN/CL, FWD, RK BK, REC; KCK, CL, KCK, CL;

RK BK, REC, FWD TRN/CL, FWD);

MAN: Rock back left, recover right, flick left forward from knee slightly off floor, close left; flick right forward from knee slightly off floor, close right, rock back left, recover right; turning right face one half side left/close right, side left, rock back right, recover left; flick right forward from knee slightly off floor, close right, flick left forward from knee slightly off floor, close left; rock back right, recover left, turning left face 1/2 side right/close left, side right;

WOMAN: Rock back right, recover left, flick right forward from knee slightly off floor, close right; flick left forward from knee slightly off floor, close left, rock back right, recover left; turning left face one half side right/close left, side right, rock back left, recover right; flick left forward from knee slightly off floor, close left, flick right forward from knee slightly off floor, close right; rock back left, recover right, turning right face 1/2 side left/close right, side left;

NOTE: This figure is a 5 measure figure which does not utilize the basic Jive rhythm. Starts in semi-closed position and may be turned either right or left.

Neck Slide

neck sid

Neck Slide

1,2,3a,4; 1,2,3a,4;

RK BK, REC, FWD/CL, FWD; FWD TRN, FWD TRN, SD/CL, SD;

(RK BK, REC, FWD/CL FWD; FWD, FWD TRN, SD/CL, SD);

MAN: Rock back left, recover right, side left/close right to left, side left raising joined hands up and over partner's head release hold right hands rest on partner's right shoulder ending woman on man's right side; wheel 1/2 right face forward right, forward left continuing right face turn, forward right turning 1/4 right face line of dance/close left to right, small step forward right allow man's and woman's right hand to slide down partner's arm to join right hands;

WOMAN: Rock back on right, recover left, side right/close left to right, side right; wheel 1/2 right face forward right, forward left, forward on left/close right, back left; arm work as described in detail in man's description of the figure.

Sailor Shuffle

[Moved to Phase IV-on Phase V Video Tape]

TANGO

ROUNDALAB STANDARD

Phase VI of Round Dancing

Rudolph Ronde and Slip

SQQ;

Rudolph ronde & slp Rudolph & Slip

FWD, -, REC, BK;

(BK TRN RONDE XIB, -, BK TRN, FWD);

MAN: Forward right between woman's feet as if to start a right face pivot but stop action by flexing right knee while keeping left foot back continuing body turn allowing left side to remain toward the woman, -, back left, back right with rise and continue left face turn [keeping left leg extended];

WOMAN: Back left turning right face to semi-closed position allowing right leg to ronde clockwise keeping right side toward the man with right leg crossing behind left leg at end of ronde, -, back right starting a left face pivot on the ball of right foot [thighs locked and left leg extended], forward left slip continuing left face turn placing left foot near man's right foot;

NOTE: Amount of turn on slip may vary up to 3/8.

Rumba Cross

QQS; S

RB X

Rumba Cross

FWD, LK TRN, PVT, -; 2, -;

(BK, LK TRN, PVT, -; 2), -;

MAN: Forward left with left shoulder leading, crossing right in back of left turning right face on toes, continuing turn back left, -; forward right between woman's feet continuing right face turn, -;

WOMAN: Back right, crossing left in front of right turning right face on toes, continuing turn forward right between man's feet pivot, -; back left continuing right face turn, -;

NOTE: Closed position throughout, 1/2 to 3/4 turn to right. First step is heel lead for man well down into left knee rising on toes on crossing step.

Same Foot Lunge

S

same ft lun

Same Foot Lunge

SD & FWD

(BK TRN)

MAN: Side and slightly forward right looking right.

WOMAN: Back right well under body turning body to left and looking well to left.

NOTE: Timing and exits will vary. Man's and woman's right knees should be well flexed in lunge. Keep hips up and toward partner. Closed position figure except to start woman will be slightly turned to the right.

Telespin

SQQ; &QQS;

telespn

Telespin

FWD, -, FWD TRN, SD & BK; SPN/CONT SPN, SD,

BK, -;

(BK TRN, -, TRN CL, TRN FWD; FWD/FWD, TRN CL,

FWD), -;

MAN: Forward left turning left face, -, forward and side right continuing turn, side and back left with partial weight keeping left side forward toward woman; spin left face taking full weight to left/continue spin, side right continue turn, back left, -;

WOMAN: Back right turning left face, -, bring left to right starting a heel turn and gradually change weight to left continuing turn, forward right continuing the turn; keeping right side in toward the man step forward left/right, continue turn toe spin and close left, forward right, -;

NOTE: Starts in closed position facing diagonal center and line of dance and ends in closed position facing reverse line of dance. Figure turns left face 1 and 3/8. Woman may keep head left throughout or may turn it right on third step and back to left for closing step. A subcount at the beginning of a measure is for the convenience of dance notation, but musically the action is occurring in the previous count.

ROUNDALAB STANDARD**TANGO****Phase VI of Round Dancing***** Teleswivel**

QQ&S;

teleswvl

Teleswivel

FWD TRN, FWD & SD TRN, BD/SWIVEL, -;

(BK TRN, CL, FWD/SWIVEL, -;

MAN: Forward left commence left face turn, forward and side right continue turn, back left well under body and swivel slightly right face on left allowing right to cross in front no weight [no sway], -;

WOMAN: Back right commence left face turn, bring left to right [heel close], forward right outside partner/swivel right face to semi closed position, -;

NOTE: Usually starts in closed position diagonal line wall. Timing may vary

Throwaway Oversway

thrwv ovrsway

Throwaway Oversway

S

SD & FWD

(SD & FWD TRN)

MAN: Side and forward left relaxing left knee and allowing right to point side and back while keeping right side in toward the woman and looking at her.

WOMAN: Side and forward right turning left face while relaxing right knee and sliding left foot back under body past the right foot to point back meanwhile looking well to the left and keeping left side in toward the man.

NOTE: May begin in semi-closed position or closed position. When done from closed position man's first step back and woman's first step forward 1/8 to 1/4 turn to left on first step. Figure ends with hips kept up toward partner. Entry, exits and timing vary.

Traveling Swivel

trav swvl

Traveling Swivel

QQQQ; S

FWD TRN, SD SWVL, BK SWVL, FWD; TCH, -;

(BK TRN, TRN CL, FWD FLK SWVL, -; FWD, TCH),

MAN: Forward left turning left face, side right swiveling left face, back left toward diagonal center and line of dance swiveling left face leaving right leg extended forward in CBMP, -; thru right to diagonal line of dance and wall in semi-closed position, touch left side and forward,

WOMAN: Back right turning left face, heel close the left and continue turning left face, forward right outside partner and flick left up in back from knee with a slight swivel right face ending in semi-closed position, -; forward left to diagonal line of dance and wall, touch right side and forward,

NOTE: Starts in closed position, step 3 is to CBMP turning to semi-closed position, figure ends in semi-closed position. Man must be careful to keep his right hip back on swivel to semi-closed position.

**** Turning Right Locks**