

ROUNDALAB STANDARDS

Additions, Changes and Replacement Pages - 2000

The following additions, changes and clarification of figures were approved by the General Assembly at the Roundalab Convention in Baltimore MD, June 20, 2000. Please replace the enclosed pages and make the noted changes in the proper Phase and Rhythm in your Roundalab Standards Manual.

CORRECT THE CHARACTERISTICS IN APPLICABLE PHASES FOR THE FOLLOWING RHYTHMS:

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 1,2,3a,4; 1a, 2 . Figures are done with soft knees. Rock recover steps are taken with a forward poise and on the ball of the foot.

West Coast Swing

CHARACTERISTICS: [There are three forms of timing in West Coast Swing: Basic or Passing family timing of 1,2,3a, 4; 5a,6, Sugar family timing of 1,2,3,4; 5a,6, and Whip timing 1,2,3a,4; 5,6,7a,8;] West Coast incorporates 3 basic rhythms: **1) Triple Time:** QQQaQ; QaQ {1,2,3a,4; 5a,6,}; **2) Double Time:** [QQQQ; QQ] [1,2,3,4; 5,6]; **3) Single Time:** [QQS; S] 1,2,3,4; 5,6} West Coast is danced in a slot. The slot is an imaginary rectangle on the floor. The woman travels up and down the slot from one point to another by passing through the center. As she is led forward, the man steps to the side of the slot to allow her to pass and then returns back to the center.

Samba

[Timing is usually written 2/4, but may be written 4/4] Samba is danced using a Latin hold. The dance travels--not the dancer. The body does most of the movement, not the feet, due to the quickness of the rhythm. Several rhythm counts are used in Samba: SaS; {1a, 2,}; SS; {1,2,}; SQQQQQQ; {1,2&,3&,4&,}; SaSaSaS; {1a,2a,3a,4,}; SQQ; {1,2&,}; QQS; {1&,2,}; SSQQS; {1,2,3&,4,}. 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. The steps are taken on the balls of the feet with a momentary ball flat. The Samba bounce actions occur on the last 1/4 beat of the preceding bar or figure and counted as an "a".

- INDEX FOR GLOSSARY & PHASE I THRU VI -

ADD the following figures to the Index:

Arm Slide MR.....	III
Back Lock TS	II
Cut Back TS	II
Forward Lock TS	II

- GLOSSARY -

CHANGE the following to Permanent standards:

Line of Progression
Measure of Music

Picture Figure
Reverse Line of Progression

- PHASE II -

COMPLETE SET OF REPLACEMENT PAGES FOR PHASE II TWO STEP.

ADDED the following figures in Phase II as Tentative Standards:

* <u>Back Lock</u>	bk lk	Back Lock
* <u>Cut Back</u>	cut bk	Cut Back
* <u>Forward Lock</u>	fwd lk	Forward Lock

CORRECTED the following:

Circle Chase	circ chs	Circle Chase
Man and Woman's Abbreviation - punctuation.		
Maneuver	manuv	Maneuver
Man and Woman's Abbreviation and addition to NOTE.		

- PHASE III -

REPLACEMENT PAGES FOR THE FOLLOWING RHYTHMS:

Cha Cha - (pg 1 - 2)

Crab Walks - corrected definition (pg 2)

Foxtrot - (pg 5)

Spin Turn - corrected Note (pg 5)

Jive - (pg 3 - 4)

Link Rock - corrected Woman's description (pg 3)

Merengue - (pg 1 - 2)

Arm Slide - added Arm Slide as a Tentative Standard (pg 1)

Changed the following in Merengue to Permanent standards:

Basic	bas	Basic
Conga Walks Forward and Back	Conga wks fwd & bk	Conga Walks Forward & Back
Side Conga Walks	conga wks L & R	Conga Walks Left & Right
Promenade	PROM	Promenade
Stair Forward	fwd stair	Forward Stair
Stair Side	sd stair	Side Stair

Quickstep - (pg 1 - 2)

Fishtail and Whaletail - corrected punctuation in MAN and WOMAN's description (pg 1 & 2)

Rumba - (pg 1 - 2)

Crab Walks - corrected definition (pg 2)

PHASE III (continued)

Two Step - (pg 1 - 2)

Fishtail and Whaletail - corrected punctuation in MAN and WOMAN's description
(pg 1 & 2)

Waltz - (pg 3-4)

Spin Turn - corrected Note (pg 4)

CORRECT MAN'S and WOMAN'S abbreviated footwork for:

Foxtrot

Back Hover
SQQ;

bk hvr Back Hover
BK, -, SD & BK RISE, REC;
(FWD, -, SD & FWD RISE, REC);

CORRECT Man's abbreviated footwork for:

Waltz

Back Hover
1,2,3;

bk hvr Back Hover
BK, SD & BK RISE, REC;

CORRECT timing in:

Waltz

Chasse
1&,2

none

Chasse [to ending position]

=====

- PHASE IV -

REPLACEMENT PAGES FOR THE FOLLOWING RHYTHMS:

Foxtrot - (pg 1 - 8)

Back Hover Telemark - corrected WOMAN's description (pg 1)
Develope - corrected timing and WOMAN's description (pg 3)
Diamond Turn - added to the NOTE: (pg 3)
Left Whisk - corrected MAN's upper body turn from right to left. (pg 5)
Progressive Wing - corrected ending position for MAN (pg 8)
Promenade Weave - corrected ending position for MAN and WOMAN (pg 8)
Quick Diamond Four - added NOTE (pg 8)

Cha Cha (pg 1 - 2)

Develope - corrected timing and WOMAN's description (pg 2)

Quickstep - (pg 1 - 4)

Develope - corrected timing and WOMAN's description (pg 2)
Left Whisk - corrected MAN's upper body turn from right to left (pg 4)

Rumba (pg 1 - 2)

Develope - corrected timing and WOMAN's description (pg 2)

PHASE IV (continued)

Tango - (pg 1 - 2)

Develope - corrected timing and WOMAN's description (pg 1)

Waltz - (pg 3- 6)

Develope - corrected timing and WOMAN's description (pg 3)

Left Whisk - corrected MAN's upper body turn from right to left (pg 5)

Progressive Wing - corrected ending position for MAN (pg 6)

CHANGE the following to **Permanent Standards**:

Merengue

Conga Break

conga brk

Conga Break

Glide

none

Glide

Tango

Open Natural Turn

opn nat trn

Open Natural Turn

CORRECT the timing for the following:

Waltz

Develope

none

Develope

1,2,3;

Reverse Fallaway

rev falwy

Reverse Fallaway

1,2,3;

- PHASE V -

REPLACEMENT PAGES FOR THE FOLLOWING RHYTHMS:

Foxtrot - (pg 9 - 11)

Right Turning Lock - added as a Tentative Standard. (pg 9)

Turning Lock - corrected MAN and WOMAN's description (pg 11)

Zig Zag - corrected MAN's description (pg 11)

Waltz - (pg 7 - 8)

Syncopated Whisk - corrected MAN's and WOMAN'S description and added to the NOTE. (pg 8)

CHANGE the following to a **Permanent Standard**:

Head Flick

hd flk

Head Flick

ADD to the Note:

Cha Cha

Closed Hip Twist

cl hip twst

Closed Hip Twist

Add to NOTE: First step for man may be taken to the side.

PHASE V (continued)

CORRECT timing:

Samba

Natural Roll
1,2&,3,4&;

nat roll

Natural Roll

=====

- PHASE VI -

CHANGE the following to a Permanent Standard

Tango

Teleswivel

teleswvl

Teleswivel

REMOVE the following phrase -

[A subcount at the beginning of the measure is for the convenience of dance notation, but musically the action is occurring in the previous count.] in the NOTE of the following:

Foxtrot - Double Telemark, Spin and Double Twist, Spin and Twist, Telefeather, Teleronde, Telespin

Quickstep - Spin and Double Twist, Spin and Twist, Telespin

Tango - Double Telemark and Telespin

Waltz - Double Telemark, Spin and Double Twist, Spin and Twist, Telespin

ADD to the NOTE the following sentence:

[Ending Position and amount of turn may vary. See Telemark to Semi or Telemark to Banjo.]

in the following figures:

Foxtrot - Telespin

Waltz - Telespin

CORRECT the timing in the following figures:

Foxtrot:

Double Natural Spin
SQQ;
(SQQ&);

dbl nat

Double Natural

Double Telemark
SQQ; Q&QS;

dbl tele

Double Telemark

Spin and Double Twist
SQQ; Q&QS; Q&QS;

spn & dbl twst

Spin & Double Twist

Spin & Twist
SQQ; Q&QS;

spn & twst

Spin and Twist

CHANGE the last sentence of NOTE to: Timing may also be SQQ; QQ&S;

PHASE VI (continued)

Telefeather
SQQ; Q&QQQ;

telefthr

Telefeather

Teleronde
SQQ; Q&QS;

none

Teleronde

Telespin
SQQ; Q&QS;

telespn

Telespin

Jive

West Coast Swing

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

none

Cheerleader

Quickstep:

Spin and Double Twist
SQQ; Q&QS; Q&QS;

spn & dbl twst

Spin & Double Twist

Spin and Twist
SQQ; Q&QS;

spn & twst

Spin & Twist

Telespin
SQQ; Q&QS;

telespn

Telespin

Tango:

Double Telemark
SQQ; Q&QS;

dbl tele

Double Telemark

Telespin
SQQ; Q&QS;

telespn

Telespin

Waltz:

Double Telemark
1,2,3; 1&,2,3;

dbl tele

Double Telemark

Spin and Double Twist
1,2,3; 1&,2,3; 1&,2,3;

spn & dbl twst

Spin and Double Twist

Spin and Twist
1,2,3; 1&,2,3;

spn & twst

Spin and Twist

Telespin
1,2,3; 1&,2,3;

telespn

Telespin

CORRECT Woman's abbreviated footwork in the following:

Foxtrot

Left Feather

L fthr

Left Feather

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

ROUNDALAB STANDARD
Phase II of Round Dancing

TWO STEP

II. FIGURES

TS. TWO STEP

CHARACTERISTICS: [Timing is 4/4] Basic timing is Q Q S. The basic figures have 3 steps to a measure with the 4th beat a hold.

# Away Step Step	awy stp stp	Balance Away
QQS;	AWAY, STP, STP, -;	
Step diagonally away, step in place, step in place, -;		

* Back Lock	bk lk	Back Lock
QQ	BK, LK	
	(BK, LK),	

MAN: Step back left, cross right in front of left taking weight,

WOMAN: Step back right, cross left in front of right taking weight,

NOTE: Normally done in open or semi-closed position. If done in closed position, on the first step blend to banjo position. The woman's steps are forward, lock in back. Usually done in pairs [back lock twice]. Timing may vary and may start with either foot.

# Back Lock Back	bk lk bk	Back Lock Back
QQS;	BK, LK, BK, -;	
Step backward, cross free foot in front of supporting foot taking weight on crossing foot, step back again,-;		

# Back to Back	bk-bk	Back to Back
QQS;	SD, CL, TRN, -;	
	(SD, CL, TRN), -;	

MAN: Side right, close left, side right turning 1/2 right face or to designated position, -;

WOMAN: Side left, close right, side left turning 1/2 left face or to designated position, -;

# Basketball Turn	bball trn	Basketball Turn
SS; SS;	FWD TRN, -, REC TRN, -; FWD TRN, -, REC TRN, -;	
	(FWD TRN, -, REC TRN, -; FWD TRN, -, REC TRN), -;	

MAN: With the outside foot free the first step will turn in toward partner. With the inside foot free, the first step will turn away from partner. Examples: (1) Beginning in open position with weight on man's right foot step forward left and check turning 1/4 right face, -, recover on right continuing right face turn to end facing the opposite direction from starting position, -; continue by stepping forward left and check turning 1/4 right face, -, recover on right continuing right face turn to end facing starting position unless otherwise indicated, -; (2) Beginning in open position with weight on man's left foot step forward right and check turning 1/4 left face, -, recover on left continuing turning left face to end facing the opposite direction from starting position, -; continue by stepping forward right and check turning 1/4 left face, -, recover on left continuing left face turn to end facing starting position unless otherwise indicated, -;

Basketball Turn continued on Page 2.

TWO STEP

ROUNDALAB STANDARD

Phase II of Round Dancing

WOMAN: With the outside foot free the first step will turn in toward partner. With the inside foot free the first step will turn away from partner. Examples: (1) Beginning in open position with weight on woman's left foot step forward right and check turning 1/4 left face, -, recover on left continuing left face turn to end facing the opposite direction from starting position, -; continue by stepping forward right and check turning 1/4 left face, -, recover on left continuing left face turn to end facing starting position unless otherwise indicated, -; (2) Beginning in open position with weight on woman's right foot step forward left and check turning 1/4 right face, -, recover on right foot continuing turning right face to end facing the opposite direction from starting position, -; continue by stepping forward left and check turning 1/4 right face, -, recover on right continuing right face turn to end facing starting position unless otherwise indicated, -;

NOTE: A 4 step figure which can be turned in either direction. Usual timing is SSSS. May be done QQQQ.

Boxes - Variations

1. # Box Left Turning
QQS; QQS; QQS; QQS;

box L trng Left Turning Box
SD, CL, FWD TRN, -; SD, CL, BK TRN, -;
SD, CL, FWD TRN, -; SD, CL, BK TRN, -;
(SD, CL, BK TRN, -; SD, CL, FWD TRN, -;
SD, CL, BK TRN, -; SD, CL, FWD TRN), -;

MAN: Side on left, close right, forward on left turn 1/4 left face, -; side on right, close left, back on right turn 1/4 left face, -; side left, close right, forward on left turn 1/4 left face, -; side on right, close left, back on right turn 1/4 left face, -;

WOMAN: Side right, close left, back on right turning 1/4 left face, -; side left, close right, forward on left turning 1/4 left face, -; side right, close left, back on right turning 1/4 left face, -; side on left, close right, forward on left turning 1/4 left face, -;

NOTE: A 4 measure figure.

2. # Box Right Turning

box R trng Right Turning Box
QQS; QQS; QQS; QQS;
SD, CL, BK TRN, -; SD, CL, FWD TRN, -;
SD, CL, BK TRN, -; SD, CL, FWD TRN, -;
(SD, CL FWD TRN, -; SD, CL, BK TRN, -;
SD, CL, FWD TRN, -; SD, CL, BK TRN), -;

MAN: Side on left, close right, back on left turn 1/4 right face, -; side on right, close left, forward on right turn 1/4 right face, -; side on left, close right, back on left turn 1/4 right face, -; side on right, close left, forward on right turn 1/4 right face, -;

WOMAN: Side right, close left, forward right turning 1/4 right face, -; side left, close right, back left turn 1/4 right face, -; side right, close left, forward right turn 1/4 right face, -; side left, close right, back left turn 1/4 right face, -;

NOTE: A 4 measure figure.

3. # Broken Box

QQS; SS; QQS; SS;

brkn box Broken Box
SD, CL, FWD, -; RK FWD, -, REC, -;
SD, CL, BK, -; RK BK, -, REC, -;
(SD, CL, BK, -; RK BK, -, REC, -;
SD, CL, FWD, -, RK FWD, -, REC), -;

MAN: Side left, close right, forward on left, -; rock forward on right, -, recover on left, -; side on right, close left, back on right, -; rock back on left, -, recover on right, -;

Broken Box continued on Page 3.

TWO STEP

NOTE: Starts in designated position. A 4 measure figure.

- NOTE: A 4 measure figure.**

TWO STEP

ROUNDALAB STANDARD

Phase II of Round Dancing

9. # Traveling Box

QQS; SS; QQS; SS;

trav box

Traveling Box

SD, CL, FWD, -; TRN FWD, -, FWD, -;

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

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

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

MAN: Side left, close right, forward left, -; turning to reverse semi-closed position walk forward right, -, forward left, -; blending to closed position side right, close left, back right, -; blend to semi-closed position walk forward left, -, forward right, -;

WOMAN: Side right, close left, back right, -; turning to reverse semi-closed position walk forward left, -, forward right, -; blending to closed position side left, close right, forward left, -; blend to semi-closed position walk forward right, -, forward left, -;

Breakaway

QQS;

brkwy

Breakaway

SD TRN, RK BK, REC TRN, -;

(SD TRN, RK BK, REC TRN), -;

MAN: First step is to the side, turning to open or left open rocking backward on second step, recover to facing position on third step, -;

WOMAN: First step is to the side, turning to open or left open rocking backward on second step, recover to facing position on third step, -;

NOTE: A 3 step figure beginning with partners facing.

Change Sides

QQS;

chg sds

Change Sides

FWD, CL, FWD, -;

(FWD, CL, FWD), -;

Example: With partners facing but slightly to the left.

MAN: Forward left, close right, forward left, -;

WOMAN: Forward right, close left, forward right, -;

NOTE: Partners change places passing partner left shoulder to shoulder ending in designated position. The manner depends on type of change taking place.

Charleston

SS; SS;

chrln

Charleston

FWD, -, PT FWD, -; BK, -, PT BK, -;

(FWD, -, PT FWD, -; BK, -, PT BK), -;

MAN: In open position forward on left, -, point right forward, -; back on right, -, point left back, -;

WOMAN: In open position forward on right, -, point left forward, -; back on left, -, point right back, -;

NOTE: May be done in butterfly or closed position. When starting in butterfly or closed position, the first step for the woman is back.

Check

ck

Check

A step to stop motion for a change of direction. New directions need not be exact opposite of previous direction.

Circle Chase

QQS; QQS; QQS; QQS;

circ chs

Circle Chase

FWD, CL, FWD, -; FWD, CL, FWD, -;

FWD, CL, FWD, -; FWD, CL, FWD, -;

(FWD, CL, FWD, -; FWD, CL, FWD, -;

FWD, CL, FWD, -; FWD, CL, FWD), -;

Circle Chase continued on Page 5.

ROUNDALAB STANDARD

TWO STEP

Phase II of Round Dancing

MAN: Releasing contact with partner start a left face circular pattern forward left, close right, forward left, -; forward right, close left, forward right, - [turning approximately 180 degrees with woman in back or chase position]; continuing circular pattern forward left, close right, forward left, -; forward right, close left, forward right, - [turning approximately 180 with man in back or chase position ending in designated position];

WOMAN: Start a left face circular pattern forward right, close left, forward right, -; forward left, close right, forward left, - [turning approximately 180 degrees with woman in back or chase position]; continuing circular pattern forward right, close left, forward right, -; forward left, close right, forward left, - [man in back or chase position] ending in designated position;

NOTE: A 4 measure figure where one partner is in back or chase position for half the circle then reversing positions with other partner in back or chase position. May be done either to the left or right.

Circle Pickup

circ pkup

Circle Pickup

QQS;

FWD, CL, BK, -;

(FWD, FWD, FWD), ;

MAN: In open position forward left, close right, back left, -;

WOMAN: In open position make a left face circular pattern in three steps [turning approximately 180 degrees] forward right, forward left, forward right as in a pickup blending to closed position, -;

Cross Walk

[Moved to Phase I - on Phase II Video Tape]

Cut

none

Cut

Cross one foot in front of and beyond the other so closely as to require the other foot to be withdrawn backward. Similar to Back Lock, except Cut is on first weight change whereas Lock is on second weight change.

* Cut Back

cut bk

Cut Back

QQ

CUT, BK,

(CUT, BK),

MAN: Step back left, cross right in front of left taking weight,

WOMAN: Step back right, cross left in front of right taking weight,

NOTE: Normally done in open or semi-closed position. If done in closed position, on the first step blend to banjo position and the woman's steps are forward, cross in back. Usually done in pairs [cut back twice]. Timing may vary and may start with either foot.

Dip

dp

Dip

Q or S

Step in direction indicated and take full weight with the knee relaxed or slightly bent. The other leg remains extended with the knee and ankle forming a straight line from the hip and the toe remaining on the floor.

Door

none

Door

QQS;

RK SD, REC, XIF, -;

MAN OR WOMAN: Side right or left, recover, cross in front, -;

NOTE: May be done from any facing direction.

Face to Face

fc-fc

Face to Face

QQS;

SD, CL, TRN, -;

(SD, CL, TRN), -;

MAN: Side left, close right, side left turning 1/2 left face to a back to back position, -;

WOMAN: Side right, close left, side right turning 1/2 right face to a back to back position, -;

ROUNDALAB STANDARD

Phase II of Round Dancing

MAN: Side left, close right, side left turning 1/2 left face to a back to back position, -; side right, close left, side right turning 1/2 right face or to designated position, -;
WOMAN: Side right, close left, side right turning 1/2 right face to a back to back position, -; side left, close right, side left turning 1/2 left face or to designated position, -;
NOTE: A 2 measure figure.

MAN: Step forward left, cross right behind left taking weight,

WOMAN: Step forward right, cross left behind right taking weight,

NOTE: Normally done in open or semi-closed position. If done in closed position, on the first step blends to banjo position. The woman's steps are back, lock in front. Usually done in pairs [forward lock twice]. Timing may vary and may start with either foot.

Step forward, cross the free foot in back of the supporting foot taking weight on crossing foot, step forward again,-;

Hitch [Forward and Back]

Hitch fwd & bk Hitch Six or Double Hitch

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

MAN: In closed position forward left, close right, back left, -; back right, close left, forward right, -;

WOMAN: In closed position back right, close left, forward right, -; forward left, close right, back left, -;

NOTE: May start in banjo, butterfly or open position. When starting in open position, the first step for the woman is forward.

MAN: In closed position forward left, close right, back left, close right;

WOMAN: In closed position back right, close left, forward right, close left;

NOTE: May start in banjo, butterfly or open position. When starting in open position, the first step for the woman is forward. If the first step is back, the cue is "Hitch Back Four".

MAN: Forward left, close right, back left, -;

WOMAN: Forward right [turning 1/4 left face], close left, cross right in front [ending in Banjo Position], -;

NOTE: Starts in semi-closed position. A figure where man executes a hitch while woman executes a scissors.

TWO STEP

Hop

With supporting foot or feet rise slightly from the floor returning to the floor on the same foot or feet.

Lace Across

QQS; FWD, CL, FWD, -;
(FWD, CL, FWD), -;

MAN: With man's left and woman's right hands joined and passing behind woman moving diagonally across line of progression ending in left open position facing line of progression forward left, close right, forward left, -;

WOMAN: Passing in front of man under joined hands and moving diagonally across line of progression forward right, close left, forward right, -;

NOTE: With designated hands joined, partners change sides moving diagonally across line of progression. Woman crosses under joined hands in front of man. Timing may vary.

Limp

QQQQ; SD, XIB, SD, XIB;

A four count movement similar to a Vine, but cross behind on each alternating step.

Front Limp

QQQQ; SD, XIF, SD, XIF;

Same as Limp except crosses will be in front.

Lock

Q or S

Similar to Cut, except cross step is on the second change of weight whereas the Cut comes on the first change of weight.

Example: Back, lock, back, lock; or forward, lock, forward, lock;

Lunge [direction]

A 1 count figure forward or sideward in the direction indicated, bending knee and checking motion.

Maneuver

S

FWD TRN,
(BK TRN).

MAN: In closed position forward right commence right face upper body turn completing [up to 1/2] right face turn.

WOMAN: In closed position back left commence right face upper body turn completing [up to 1/2] right face turn,

NOTE: May start in banjo or semi-closed position and end in closed position. When starting in semi-closed, the first step for the woman is forward. Ending facing direction may vary.

[Deleted as a figure-see Actions.]

Pivot 2

SS:

BK TRN, -, FWD -; [PVT 2]
(FWD TRN, -, BK), -;

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

Pivot Right Face continued on Page 8.

ROUNDALAB STANDARD

Phase II of Round Dancing

NOTE: When starting and ending in closed position the woman's head remains closed [left]. May start in semi-closed position or banjo. May also be danced quick quick.

MAN OR WOMAN: A 3 step figure which always starts with a side step, the second step is a close, the third step crosses past the weighted foot, -;

MAN OR WOMAN: In designated position beginning with free foot forward/close, forward,
NOTE: Usually starts in semi-closed position. Can be done forward or backward.

MAN: With partners facing man's left and woman's right hands joined side and forward right to reverse line of progression, close left, side right, -;

WOMAN: Side and forward left turning 1/2 left face, side and back right left turning 1/2 left face, side left, -;

MAN: Side right, cross left in back, side right, -;

WOMAN: Side and forward left turning 1/2 left face, side and back right left turning 1/2 left face, side left .-;

A right or left individual turn with each step progressing in designated direction to end in designated position.

A three count figure using a swiveling action of the supporting foot each count as you touch the toe of the free foot to the instep of the supporting foot [no weight change], touch the heel of the free foot to the instep of the supporting foot [no weight change], cross the free foot across and in front of the supporting foot taking weight, -;

A three step figure which always starts with a side step, the second step is a close, the third step crosses past the weighted foot, -; Instructions will indicate which partner crosses in front and which crosses in back as they change to sidecar, banjo or other positions. There is no progression.

ROUNDALAB STANDARD
Phase II of Round Dancing

TWO STEP

Scissors Hitch

QQS;

scis htch

Scissors Hitch

FWD TRN, CL, XIF, -;

(FWD, CL, BK), -;

MAN: Forward left [turning 1/4 right face], close right, cross left in front, -;

WOMAN: Forward right, close left, back right, - [ending in sidecar position];

NOTE: Starts in semi-closed position. A figure where man executes a scissors while woman executes a hitch.

Scoot

QQQQ;

none

Scoot

FWD, CL, FWD, CL;

MAN OR WOMAN: Forward, close, forward, close;

Skate

SS;

skt

Skate

SWVL FWD/DRAW, -, SWVL FWD/DRAW, -;

(SWVL FWD/DRAW, -, SWVL FWD/DRAW), -;

MAN: Releasing contact with partner swivel left face on right and step forward on left, draw right to left [swinging arms to left], -, swivel right face on left and step forward on right, draw left to right [swinging arms to right], -;

WOMAN: Swivel right face on left and step forward on right, draw left to right [swinging arms to right], -, swivel left face on right and step forward on left, draw right to left [swinging arms to left], -;

Skip

S or Q

none

Skip

HOP

To progress by hopping lightly on first one foot and then the other. Timing may vary.

Sliding Door

SS; QQS;

sldg dr

Sliding Door

RK APT, -, REC, -, XIF, SD, XIF, -;

MAN OR WOMAN: Partners start facing same direction. Rock apart, -, recover releasing hands, -; cross in front, side, cross in front changing sides still facing the same direction as woman crosses in front of man, -;

NOTE: No progression.

Spot Pivot

[Moved to Glossary]

Spot Spin

QQS;

spt spn

Spin

TRN, TRN, TRN, -;

(TRN, TRN, TRN), -;

MAN: With weight on ball of right foot commence left face spin by swiveling before taking weight on left near right, swivel on left before taking weight on right near left, swivel on right before taking weight on left near right, -;

WOMAN: With weight on ball of left foot commence right face spin by swiveling before taking weight on right near left, swivel on right before taking weight on left near right, swivel on left before taking weight on right near left, -;

NOTE: May be done either right or left face.

Spot Turn

[Moved to Glossary]

Step Swivel

S or S& or QQ

stp swvl

Swivel

A step taken on the ball of the foot with the motion of the next step or body movement causing the foot to turn at the point of contact.

TWO STEP

ROUNDALAB STANDARD

Phase II of Round Dancing

Thru Scissors

thru scis

Scissors Thru

QQS;

SD, CL, XIF, -;

MAN OR WOMAN: A three step figure which always starts with a side step, the second step is a close, the third step crosses in front past the weighted foot, -;

NOTE: Both partners cross in front.

Together Step Step

tog stp stp

Balance Together

QQS;

TOG, STP, STP, -;

MAN OR WOMAN: Step together, step beside supporting foot with ball of free foot, step in place, -;

Twirl

twrl

Twirl [# of steps]

QQS;

FWD, CL, FWD, -;

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

MAN: With partners facing man's left and woman's right hand joined side and forward left to face line of progression, close right, forward left, -;

WOMAN: Side and forward right turning 1/2 right face, side and back left turning 1/2 right face, side right, -;

NOTE: A progressive right face turn by the woman under her right hand and man's left hand.

Twirl Vine

twrl vin

Twirl Vine [# of steps]

QQS;

SD, XIB, SD, -;

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

MAN: Side left, cross right in back, side left, -;

WOMAN: Side and forward right turning 1/2 right face, side and back left turning 1/2 right face, side right, -;

NOTE: Woman twirls as man moves along with her in a Vine figure.

Twisty Vine

twsty vin

Twisty [# of steps]

QQQQ

SD BK, XIB, SD FWD, XIF;

(SD FWD, XIF, SD BK, XIB);

MAN: Commence slight right face upper body turn side and back left, cross right in back of left, commence slight left face upper body turn side and forward left, cross right in front of left;

WOMAN: Commence slight right face upper body turn side and forward right, cross left in front of right, commence slight left face upper body turn side and back right, cross left in back of right;

NOTE: Starts in facing position. Usually ends in banjo position. Timing may be SS; SS;

Two Turning Two Steps

two trng 2 stps

Two Turning Two Steps

QQS; QQS;

SD, CL, TRN, -; SD, CL, TRN, ;

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

MAN: Side left, close right, step diagonally left across line of progression and pivoting 1/2 right face on left, -; step side right, close left, side right pivoting 1/2 right face on right, -;

WOMAN: Side right, close left, side right pivoting 1/2 right face on right, -; side left, close right, step diagonally left across line of progression pivoting 1/2 right face on left, -;

NOTE: A right face turning figure consisting of 6 steps and generally using 2 measures of music. Starts in closed position by using a blending action with pivoting on right foot stepping between partner's feet for the pivot. Ending position and facing direction may change with choreography - e.g. semi-closed or sidecar position.

Unwind

none

Unwind

Beginning with legs in crossed position and leaving feet in place rotate body to uncross legs. Position of cross dictates direction of unwind.

NOTE: Weight is usually transferred to crossed leg as figure is executed.

ROUNDALAB STANDARD
Phase II of Round Dancing

TWO STEP

Unwrap

[Moved to Actions]

Vine

vin

Vine [# of steps]

QQQQ;

SD, XIB, SD, XIF;

MAN OR WOMAN: Side right or left, cross in back, side in the same direction, cross in front;

NOTE: May be any number of steps continuing the same sequence and cued as Slow Vine [# of steps]. Timing may be S,S; S,S;

Vine Apart and Together

vin apt & tog

Vine Apart & Together

QQS; QQS;

SD, XIB, SD, -; SD, XIB, SD, -;

MAN OR WOMAN: With partners facing same direction release contact and moving apart side, cross in back, side, -; moving together side, cross in back, side, -;

Vine Eight

vin 8

Vine Eight

QQQQ; QQQQ;

SD, XIB, SD, XIF; SD, XIB, SD, XIF;

Vine four done 2 times in succession.

NOTE: A 2 measure figure.

Vine Four

vin 4

Vine Four

QQQQ;

SD, XIB, SD, XIF;

MAN OR WOMAN: Side right or left, cross in back, side in same direction, cross in front;

NOTE: May be SS; SS;.

Vine [Open]

vin

Open Vine [# of steps]

SS; SS;

SD, -, XIB, -; SD, -, XIF, -;

MAN OR WOMAN: Side right or left, -, cross in back, -; side in same direction, -, cross in front, -;

NOTE: Same action as Vine 4 except both man and woman turn to left open or open position as they take the crossing step. Timing may be QQQQ;.

Vine Three

vin 3

Vine Three

QQS;

SD, XIB, SD, -;

MAN OR WOMAN: Side right or left, cross in back, side in same direction, -;

Wheel

whl

Wheel

QQS; QQS;

FWD, CL, FWD, -; FWD, CL, FWD, -;

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

MAN: In Banjo position begin right face turn forward left, close right, forward left, -; forward right, close left, forward right, -; [ending in designated position]

WOMAN: In Banjo position begin right face turn forward right, close left, forward right, -; forward left, close right, forward left, -; [ending in designated position]

NOTE: A 2 measure figure with couples in a designated position, turning 360 degrees, with mid-point between partners as a pivot point.

Wrap

[Moved to Actions]

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ROUNDALAB STANDARD
Phase III of Round Dancing

CHA CHA

CH. CHA CHA

CHARACTERISTICS: [Timing is 4/4] Normally 5 steps to a measure using 1,2,3&,4;. Each step should be taken with pressure on the ball of the foot with knee flexed. As weight is taken on to the ball of the foot the heel is lowered, the knee straightens and the heel of the opposite foot releases as the hips move to the side [always in the direction of the stepping foot]. Most all Latin figures and rhythms are danced ball flat [no heel leads] with toes slightly turned out. Step 1 is taken slightly across in line with the supporting foot. Steps 3, 4 and 5 of forward and backward progressive figures may be danced with Latin Locks.

# Back Basic 1,2,3&,4;	bk bas BK, REC, FWD/CL, FWD; (FWD, REC, BK/CL, BK);	Back Basic
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MAN: Back right, recover left, forward right/close left, forward right;

WOMAN: Forward left, recover right, back left/close right, back left;

NOTE: Usually done in closed or butterfly position, but may be done in open with both partners stepping back.

# Basic 1,2,3&,4; 1,2,3&,4;	bas FWD, REC, SD/CL, SD; BK, REC, SD/CL, SD; (BK, REC, SD/CL, SD; FWD, REC, SD/CL, SD);	Basic
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MAN: Forward left, recover right, side left/close right, side left; back right, recover left, side right/close left, side right;

WOMAN: Back right, recover left, side right/close left, side right; forward left, recover right, side left/close right, side left;

NOTE: Usually a 2 measure figure.

# Break [to position] 1,2,3&,4;	brk BHD, REC, FWD/CL, FWD;	Break [to position]
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MAN OR WOMAN: From a facing position behind turning to position, recover forward, forward/close, forward;

NOTE: May start with either foot.

# Chase 1,2,3&,4; 1,2,3&,4; 1,2,3&,4; 1,2,3&,4;	chs FWD TRN, REC, FWD/CL, FWD; FWD TRN, REC, FWD/CL, FWD; (BK, REC, FWD/CL, FWD; FWD TRN, REC, FWD/CL, FWD); FWD, REC, BK/CL, BK; BK, REC, FWD/CL, FWD; (FWD TRN, REC, FWD/CL, FWD; FWD, REC, BK/CL, BK);	Chase
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MAN: Forward left turning right face 1/2, recover forward right, forward left/close right, forward left; forward right turning left face 1/2, recover forward left, forward right/close left, forward right; forward left, recover right, back left/close right, back left; back right, recover left, forward right/close left, forward right;

WOMAN: Back right with no turn, recover left, forward right/close left, forward right; forward left turning right face 1/2, recover forward right, forward left/close right, forward left; forward right turning left face 1/2, recover forward left, forward right/close left, forward right; forward left with no turn, recover right, back left/close right, back left;

NOTE: Starts and ends with partners facing.

ROUNDALAB STANDARD Phase III of Round Dancing

Chase Peek-a-Boo

chs peek-a-boo

Chase Peek-a-Boo

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

1,2,3&4; 1,2,3&4; 1,2,3&4; 1,2,3&4;

FWD TRN, REC, FWD/CL, FWD; SD, REC, CL/STP,
STP; SD, REC, CL/STP, STP; FWD TRN, REC,
FWD/CL, FWD;

(BK, REC, FWD/CL, FWD; SD, REC, CL/STP, STP; SD,
REC, CL/STP, STP; FWD, REC, BK/CL, BK);

MAN: Forward left turning 1/2 right face, recover forward right, forward left/close right, forward left; side right looking over left shoulder, recover left, close right/in place left, right; side left looking over right shoulder, recover right, close left/in place right, left; forward right turning 1/2 left face, recover forward left, forward right/close left, forward right;

WOMAN: Back right, recover left, forward right/close left, forward right; side left, recover right, close left/in place right, left; side right, recover left, close right/in place left, right; forward left, recover right, back left/close right, back left;

NOTE: Starts and ends with partners facing.

Crab Walks

crb wlks

Crab Walks

1,2,3&4; 1,2,3&4;

XIF, SD, XIF/SD, XIF; SD, XIF, SD/CL, SD;
(XIF, SD, XIF/SD, XIF; SD, XIF, SD/CL, SD);

MAN: Cross right in front of left, side left, cross right in front of left/side left, cross right in front of left; side left, cross right in front of left, side left/close right, side left;

WOMAN: Cross left in front of right, side right, cross left in front of right/side right, cross left in front of right; side right, cross left in front of right, side right/close left, side right;

NOTE: May be done in closed or butterfly position. Body from waist up remains facing partner. Crossing step commences with the knee leading causing the lower body to swivel toward line of progression. Side step is taken with lower body facing partner. May be done in either direction starting with the appropriate foot.

Cucaracha

cuca

Cucaracha

1,2,3&4;

SD, REC, CL/STP, STP;

MAN OR WOMAN: Side, recover, close/step, step in place;

NOTE: This figure may begin with either foot. Side step is taken with just partial weight and with foot rotation on the ball of the foot. Usually begins and ends in closed position or butterfly with the first step either directly to the side or diagonally side and back.

Fence Line

fnc line

Fence Line

1,2,3&4;

X LUN, REC, SD/CL, SD;

MAN OR WOMAN: In butterfly cross lunge thru with bent knee looking in the direction of lunge, recover turning to face partner, step side/close, side;

NOTE: Lunge may be made in either direction, starting with appropriate foot.

Forward Basic

fwd bas

Forward Basic

1,2,3&4;

FWD, REC, BK/CL, BK;
(BK, REC, FWD/CL, FWD);

MAN: Forward left, recover right, back left/close right, back left;

WOMAN: Back right, recover left, forward right/close left, forward right;

NOTE: Usually done in closed or butterfly position, but may be done in open with both partners stepping forward.

ROUNDALAB STANDARD
Phase III of Round Dancing

FOXTROT

Slip Pivot
SQQ;

slp pvt Slip Pivot
BK, -, BK TRN, FWD;
(BK TRN, -, FWD TRN, BK);

MAN: Back left, -, back right turning left [keeping left leg extended], forward left;

WOMAN: Back right starting left face pivot on ball of foot [thighs locked left leg extended], -, forward left continuing left turn placing left foot near man's right foot, back right;

NOTE: A 3 step figure beginning in semi-closed position usually ends in closed position.

Spin Turn
SQQ;

spn trn Spin Turn
BK PVT, -, FWD RISE, SD & BK;
(FWD PVT, -, BK RISE, BRUSH FWD);

MAN: Commence right face upper body turn back left toe pivoting 1/2 right face to face line of progression, -, forward right between woman's feet heel to toe continuing turn leave left leg extended back and side, recover side and back on left;

WOMAN: Commence right face upper body turn forward right between man's feet heel to toe pivoting 1/2 right face, -, back left toe continuing turn brush right to left, forward right;

NOTE: Usually starts from closed position reverse line of dance. Basic figure ends in closed position line of dance and wall. However, the amount of turn may vary. Underspin will allow the figure to end man facing line of dance, overspin will allow the figure to end man facing wall or wall and reverse line of dance. The amount of turn needed for an underspin or overspin is completed on the second step.

Telemark to Semi-Closed Position [Open]
[Moved to Phase IV - on the Phase III Video Tape]

Whisk
SQQ;

wsk Whisk
FWD, -, FWD & SD RISE, XIB;
(BK, -, BK & SD RISE, XIB);

MAN: In closed or banjo position forward left to closed position, -, forward and side right commencing rise to ball of foot, cross left in back of right continuing to full rise to ball of foot ending in a tight semi-closed position;

WOMAN: In closed or banjo position back right to closed position, -, back and side left commencing to rise to ball of foot, cross right in back of left continuing to full rise to ball of foot ending in a tight semi-closed position;

Wing
SQQ;

none Wing
FWD, -, DRAW, TCH;
(FWD, -, FWD TRN, FWD TRN);

MAN: In semi-closed position forward right, -, draw left toward right, touch left to right turning upper part of body left face with left side stretch;

WOMAN: Forward left beginning to cross in front of man turning slightly left face, -, forward right around man continuing to turn slightly left face, forward left around man continuing to turn slightly left face to end in a tight sidecar position;

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ROUNDALAB STANDARD
Phase III of Round Dancing

JIVE

Fallaway Throwaway

falwy thrwy

Fallaway Throwaway

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

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

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

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

MAN: Rock back left, recover right, side left/close right, side left; side right/close left, side right making up to 1/4 left face turn on triples,

WOMAN: Rock back right, recover left, pick up right/left, right; side and back left/close right, side left making up to 1/2 turn on the triples,

NOTE: A 1 1/2 measure figure. Rock is in semi-closed position. Figure ends in left open facing position.

Jive Walks

JV wlks

Jive Walks

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

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

RK BK, REC, FWD/STP, STP; FWD/STP, STP,

(RK BK, REC, FWD/STP, STP; FWD/STP, STP),

MAN: Rock back left, recover right to semi-closed position, forward left/right, left; forward right/left, right,

WOMAN: Rock back right, recover left to semi-closed position, forward right/left, right; forward left/right, left,

NOTE: A 1 1/2 measure figure. Usually starts from closed or semi-closed position.

Kick Ball Change

kbchg

Kick Ball Change

1a,2,

KCK/BALL, CL,

MAN OR WOMAN: In designated position kick free foot forward/take weight on ball of that foot, replace weight on other foot,

NOTE: Figure may start with either foot.

Link

none

Link

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

1,2,3a,4;

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

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

MAN: Rock back left, recover right, small chasse forward left/right, left to closed position;

WOMAN: Rock back right, recover left, small chasse forward right/left, right to closed position;

NOTE: Starts in left open facing position, ends in closed position.

Link Rock

link rk

Link Rock

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

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

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

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

MAN: Rock back left, recover right, small chasse forward left/right, left; side right/left, right to closed position,

WOMAN: Rock back right, recover left, small chasse forward right/left, right; side left/right, left to closed position,

NOTE: Starts in left open facing position. Figure makes a right face turn for the man anywhere from 1/8 to 1/2 to face partner in closed position.

Point Steps

pt stps

Point Steps

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

1,2,3,4;

PT, STP, PT, STP;
(PT, STP, PT, STP);

MAN: Point left forward with outside edge of foot in floor contact, forward left, point right thru with outside edge of foot in floor contact in line with weighted foot, forward right,

WOMAN: Point right forward with outside edge of foot in floor contact, forward right, point left thru with outside edge of foot in floor contact in line with weighted foot, forward left;

NOTE: May be done in semi-closed, closed, or butterfly positions. Look in direction of foot on first 2 beats, look opposite direction second 2 beats.

Progressive Rock

prog rk

Progressive Rock

1,2,3,4;

RK APT, XIF, RK APT, XIF;

MAN OR WOMAN: In butterfly position rock apart, recover, rock apart, recover;

NOTE: Progresses left or right in the direction of the starting foot with the recovering foot crossing slightly in front.

Rock the Boat

rk the boat

Rock the Boat

1,2,

FWD, CL,
(FWD, CL),

MAN: Forward left with straight knee leaning forward, with rocking motion and relaxed knees close right leaning backward,

WOMAN: Forward right with straight knee leaning forward, with rocking motion and relaxed knees close left leaning backward,

NOTE: Figure starts in designated position with man and woman facing same direction. May also begin with man's right and woman's left foot. May be done any indicated number of times, usually twice as: forward, close, forward, close.

Shag Step

shag stp

Shag Step

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

STP, LIFT, STP, LIFT; STP, STP,

MAN OR WOMAN: Step in place left, lift on left, step in place right, lift on right; step in place left, step in place right,

NOTE: This is one of many examples of a shag step. It may start with either foot, use same or opposite footwork, and may be danced in any position.

Swivel Walks

swvl wks

Swivel Walks

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

1,2; or 1,2,3,4;

FWD,-, FWD,-; or FWD, FWD, FWD, FWD;

MAN OR WOMAN: Walk forward indicated number and timing of steps placing each foot directly in front of the other.

NOTE: Utilizes 2 slows or 4 quick even counts. Usually done in semi-closed position but may be done in open position.

Throwaway

thrwy

Throwaway

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

1a,2,3a,4;

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

MAN: Side left/close right, side left, side right/close left, side right making up to 1/4 left face turn on triples;

WOMAN: Pick up right/left, right, side and back left/close right, side left making up to 1/2 turn on the triples;

NOTE: Figure ends in left open facing position.

ROUNDALAB STANDARD
Phase III 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.

*** Arm Slide**

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

arm sld

BK, BK, BK, BK; FWD, FWD, FWD, FWD;
(BK, BK, BK, BK; FWD, FWD, FWD, FWD);

Arm Slide

MAN: Back left, back right, back left, back right; forward left, forward right, forward left, forward right;

WOMAN: Back right, back left, back right, back left; forward right, forward left, forward right, forward left;

NOTE: Man's hands to side and lower portion of woman's upper arm at beginning of figure. Woman's hands on man's upper arms at beginning of figure. Small steps apart to loose, low hand hold position. Together to designated position.

Basic

1,2,3,4;

bas

SD, CL, SD, CL;
(SD, CL, SD, CL);

Basic

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

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

NOTE: Starts and ends in closed position.

Conga Walks Forward and Back

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

conga wks fwd & bk

FWD, FWD, FWD, TAP; BK, BK, BK, TAP;
(BK, BK, BK, TAP; FWD, FWD, FWD, TAP);

Conga Walks Forward & Back

MAN: Forward left, forward right, forward left, flexing left knee tap right back leaning upper body forward, back right, back left, back right, flexing right knee tap left forward leaning upper body backward;

WOMAN: Back right, back left, back right, flexing right knee tap left forward leaning upper body backward; forward left, forward right, forward left, flexing left knee tap right back leaning upper body forward;

NOTE: Danced in facing position with or without hand hold.

Side Conga Walks

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

conga wks L & R

SD, XIF, SD, TAP; SD, XIF, SD, TAP;
(SID, XIF, SD, TAP; SD, XIF, SD, TAP);

Conga Walks Left & Right

MAN: Side left, cross right in front of left, side left with slight upper body turn to the right, flexing left knee tap right toe to the side leaning upper body left and slightly back; side right, cross left in front of right, side right with slight upper body turn to the left, flexing right knee tap left toe to the side leaning upper body right and slightly back;

WOMAN: Side right, cross left in front of right, side right with slight upper body turn to the left, flexing right knee tap left toe to the side leaning upper body right and slightly back; side left, cross right in front of left, side left with slight upper body turn to the right, flexing left knee tap right toe to the side leaning upper body left and slightly back;

NOTE: Danced in facing position with or without hand hold.

MERENGUE

ROUNDALAB STANDARD Phase III of Round Dancing

Promenade
1,2,3,4;

PROM Promenade
FWD, FWD TRN, SD, CL;
(FWD, FWD TRN, SD, CL);

MAN: In semi-closed position forward left, forward right start turn, face partner side left, close right;

WOMAN: In semi-closed position forward right, forward left start turn, face partner side right, close left;

NOTE: Starts in semi-closed position and ends in closed position.

Stair Forward
1,2,3,4;

fwd stair Forward Stair
FWD, CL, SD, CL;
(BK, CL, SD, CL);

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 Side Stair
SD, CL, FWD, CL;
(SD, CL, BK, CL);

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 III of Round Dancing

QUICKSTEP

QS. QUICKSTEP

CHARACTERISTICS: [Timing is 4/4] Figures are usually written in 1 1/2 measures using various timing [{SS;S;} {SQQ;} {QQS;} {QQQQ;}]. Quickstep should have flight and be danced with a very light airy feeling. Poise is slightly forward so that the weight is carried across the inside arch of the feet.

# Fishtail	fshtl	Fishtail
QQQQ;	XIB, SD, FWD, LK; (XIF, SD, BK, LK);	

MAN: In banjo position cross left behind right but not tightly, as body commences to turn right take a small step to side on right completing 1/4 right face body turn, forward left with left shoulder leading, cross right behind left but not tightly;

WOMAN: In banjo position cross right in front of left but not tightly, as body commences to turn right take a small step to side on left completing 1/4 right face body turn, back right with right shoulder leading, cross left in front of right but not tightly;

NOTE: The Fishtail is a progressive figure.

# Hover	hvr	Hover
SS; S	FWD, -, FWD & SD RISE, -; REC, -, (BK, -, BK & SD RISE, -; REC), -;	

MAN: From banjo or closed position step forward left to closed position, -, forward and side right rising to ball of foot, -; recover forward left to tight semi-closed position, -;

WOMAN: From banjo or closed position step back right to closed position, -, back and side left turning to semi-closed position and rising to ball of foot, -; recover forward right to tight semi-closed position, -;

NOTE: Hover ends in semi-closed position unless otherwise specified. Partners may brush free foot to supporting foot on second step.

1. # Back Hover	bk hvr	Back Hover
[Moved from Phase IV - on Phase IV Video Tape]		
SS; S	BK, -, SD & BK RISE, -; REC, -, (FWD, -, SD & FWD RISE, -; REC), -;	

MAN: Back, -, side and back with a slight rise, -; recover, -;

WOMAN: Forward, -, side and forward with a slight rise, -; recover, -;

NOTE: May start with either foot. Closed position throughout.

2. # Forward Hover	fwd hvr	Forward Hover [to designated position]
[Moved from Phase IV - on Phase IV Video Tape]		
SS; S	FWD, -, SD & FWD RISE, -; REC, -, (BK, -, SD & BK RISE, -; REC), -;	

MAN: Forward left, -, side and forward right with a slight rise, -; recover on left, -;

WOMAN: Back right, -, side and back left with a slight rise, -; recover on right, -;

NOTE: Starts in closed position.

3. # Hover Fallaway	hvr falwy	Hover Fallaway
SS; S	FWD, -, FWD RISE, -; REC, -, (FWD, -, FWD RISE, -; REC), -;	

MAN: Staying in semi closed position throughout forward right, -, forward left rising to ball of foot and checking, -; recover back on right, -;

WOMAN: Staying in semi closed position throughout forward left, -, forward right rising to ball of foot and checking, -; recover back on left, -;

QUICKSTEP

ROUNDALAB Phase III of Round Dancing

Impetus to Semi-Closed Position [Open]

	imp SCP	Impetus to Semi-Closed
SS; S	BK, -, CL TRN, -; FWD, -,	
	(FWD, -, FWD TRN, -; FWD), -,	

MAN: Commence right face upper body turn back left, -, close right to left [heel turn, usually a total of about 3/8 turn] continue turn, -; forward left in tight semi-closed position, -,

WOMAN: Commence right face upper body turn forward right between man's feet heel to toe pivoting 1/2 right face, -, side and forward left continue turn around man brush right to left, -, forward right in tight semi-closed position, -,

NOTE: When starting in closed position the first step for the woman is on right between man's feet; from banjo her first step is forward on right outside man's feet.

Spin Turn

	spn trn	Spin Turn
SS; S	BK PVT, -, FWD RISE, -; SD & BK, -,	
	(FWD PVT, -, BK RISE, -; BRUSH FWD), -,	

MAN: Commence right face upper body turn back left toe pivoting 1/2 right face to face line of progression, -, forward right between woman's feet heel to toe continuing turn leave left leg extended back and side, -; recover side and back on left, -,

WOMAN: Commence right face upper body turn forward right between man's feet heel to toe pivoting 1/2 right face, -, back left toe continuing turn brush right to left, -; forward right, -,

NOTE: Usually starts in closed position reverse line of dance. Basic figure ends in closed position line of dance and wall. However, the amount of turn may vary. Underspin will allow the figure to end man facing line of dance, overspin will allow the figure to end man facing wall or wall and reverse line of dance. The amount of turn needed for an underspin or overspin is completed on the second step.

Telemark to Semi-Closed Position

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

# Whaletail	whl	Whaletail
QQQQ; QQQQ;	XIB, SD, FWD, LK; SD, CL, XIB, SD;	
	(XIF, SD, BK, LK; SD, CL XIF, SD);	

MAN: In banjo position cross left behind right but not tightly, as body commences to run right take a small step to side on right completing 1/4 right face body turn, forward left with left shoulder lead, cross right behind left but not tightly; side left commence left face body turn, close right completing 1/4 body turn left, cross left behind right commence right face body turn, side right completing 1/4 body turn right;

WOMAN: In banjo position cross right in front of left but not tightly, as body commences to turn right take a small step to side on left completing 1/4 right face body turn, back right with right shoulder lead, cross left in front of right but not tightly; side right commence left face body turn, close left completing 1/4 body turn left, cross right in front of left commence right face body turn, side left completing 1/4 body turn right;

NOTE: The first measure of this 2 measure figure is exactly the same as the Fishtail. It is a progressive figure which starts and ends in banjo position.

ROUNDALAB STANDARD
Phase III of Round Dancing

RUMBA

RB. RUMBA

CHARACTERISTICS: [Timing is 4/4] Using count of QQS; each step should be taken with pressure on the ball of the foot with knee flexed. As weight is taken onto the ball of the foot, the heel is lowered, the knee straightens and heel of the opposite foot releases as the hips move to the side [always in the direction of the stepping foot]. Most all of the Latin figures and rhythms are danced ball flat [no heel leads] with toes slightly turned out. Step 1 is taken slightly across in line with the supporting foot. Step 3 is usually taken side and forward or side and back.

Back Basic

bk bas

Back Basic

QQS;

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

MAN: Back right, recover left, forward right, -;

WOMAN: Forward left, recover right, back left, -;

NOTE: Usually done in closed or butterfly position, but may be done in open with both partners stepping back.

Basic

bas

Basic

QQS; QQS;

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

MAN: Forward left, recover right, side left, -; back right, recover left, side right, -;

WOMAN: Back right, recover left, side right, -; forward left, recover right, side left, -;

NOTE: Usually a 2 measure figure.

Break

brk

Break [to position]

QQS;

BHD, REC, FWD, -;

MAN OR WOMAN: From a facing position behind turning to position, recover forward, forward, -;

NOTE: May start with either foot.

Chase

chs

Chase

QQS; QQS; QQS; QQS;

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

MAN: Forward left turning right face 1/2, recover forward right, forward left, -; forward right turning left face 1/2, recover forward left, forward right, -; forward left, recover right, back left, -; back right, recover left, forward right, -;

WOMAN: Back right with no turn, recover left, forward right, -; forward left turning right face 1/2, recover forward right, forward left, -; forward right turning left face 1/2, recover forward left, forward right, -; forward left with no turn, recover right, back left, -;

NOTE: Starts and ends with partners facing.

Chase-Peek-a-Boo

chs peek-a-boo

Chase-Peek-a-Boo

[Moved from Phase IV - on Phase IV Addendum Video Tape]

QQS; QQS; QQS; QQS;

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

Chase-Peek-a-Boo continued on Page 2.

ROUNDALAB STANDARD

Phase III of Round Dancing

September 2000
September 1999

ROUNDALAB STANDARD
Phase III of Round Dancing

TWO STEP

TS. TWO STEP

CHARACTERISTICS: [Timing is 4/4] Basic timing is QQS;. The basic figures have 3 steps to a measure with the fourth beat a hold.

# Fishtail QQQQ;	fshtl XIB, SD, FWD, LK; (XIF, SD, BK, LK);	Fishtail
----------------------------	--	----------

MAN: In banjo position cross left behind right but not tightly, as body commences to turn right take a small step to side on right completing 1/4 right face body turn, forward left with left shoulder leading, cross right behind left but not tightly;

WOMAN: In banjo position cross right in front of left but not tightly, as body commences to turn right take a small step to side on left completing 1/4 right face body turn, back right with right shoulder leading, cross left in front of right but not tightly;

NOTE: The Fishtail is a progressive figure.

# Left Turning Two Steps QQS; QQS;	LF trng TS SD, CL, FWD TRN, -; SD, CL, BK TRN, -; (SD, CL, BK TRN, -; SD, CL, FWD TRN), -;	Left Turning Two Steps
--	--	------------------------

MAN: In closed position side left, close right, side left pivoting 1/2 left face, -; side right, close left, side right pivoting 1/2 left face, -;

WOMAN: In closed position side right, close left, side right pivoting 1/2 left face, -; side left, close right, side left pivoting 1/2 left face, -;

NOTE: Figure generally uses two measures of music. Ending position and facing direction depend on choreography.

Pivot, Right Face Double

[Moved to Phase IV Foxtrot - on Phase III Video Tape]

# Stair Forward QQQQ;	fwd stair FWD, CL, SD, CL; (BK, CL, SD, CL);	Forward Stair
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MAN: Forward left, close right, side left, close right;

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

# Stair Side QQQQ;	sd stair SD, CL, FWD, CL; (SD, CL, BK, CL);	Side Stair
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MAN: Side left, close right, forward left, close right;

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

TWO STEP

ROUNDALAB STANDARD

Phase III of Round Dancing

Strolling Vine

SS; QQS; SS; QQS;

strllg vin

Strolling Vine

SD, -, XIB, -; SD, CL, TRN, -; SD, -, XIB, -; SD, CL,
TRN, -;
(SD, -, XIF, -; SD, CL, TRN, -; SD, -, XIF, -; SD,
CL, TRN), -;

MAN: In closed position commence slight right face upper body turn side left, -, with slight left face upper body turn cross right in back of left, -; continue turn side left, continue turn close right, continue turn side left, -; commence slight left face upper body turn side right, -, with slight right face upper body turn cross left in back of right, -; continue turn side right, continue turn close left, continue turn side right, -;

WOMAN: In closed position commence slight right face upper body turn side right, -, with slight left face upper body turn cross left in front of right, -; continue turn side right, continue turn close left, continue turn side right, -; commence slight left face upper body turn side left, -, with slight right face upper body turn cross right in front of left, -; continue turn side left, continue turn close right, continue turn side left, -;

Susie Q

QQS; QQS;

none

Susie Q

XIF, SD, XIF, FLR; XIF, SD, XIF, -;
(XIF, SD, XIF, FLR; XIF, SD, XIF), -;

MAN: In butterfly position cross left thru to left heel swiveling on right toe, side right swiveling on left heel, cross left thru to left heel swiveling on right toe, flare right counterclockwise to face partner, -; cross right thru to right heel swiveling on left toe, side left swiveling on right heel, cross right thru to right heel swiveling on left toe, -;

WOMAN: In butterfly position cross right thru to right heel swiveling on left toe, side left swiveling on right heel, cross right thru to right heel swiveling on left toe, flare left clockwise to face partner, -; cross left thru to left heel swiveling on right toe, side right swiveling on left heel, cross left thru to left heel swiveling on right toe, -;

NOTE: All steps have swivel action. Figure may start with man's right in which case man's flare is clockwise with the left and woman's flare is counterclockwise with right.

Whaletail

QQQQ; QQQQ;

whtl

Whaletail

XIB, SD, FWD, LK; SD, CL, XIB, SD;
(XIF, SD, BK, LK; SD, CL, XIF, SD);

MAN: In banjo position cross left behind right but not tightly, as body commences to turn right take a small step to side on right completing 1/4 right face body turn, forward left with left shoulder leading, cross right behind left but not tightly; side left commencing left face body turn, close right completing 1/4 body turn left, cross left behind right commencing right face body turn, side right completing 1/4 body turn right;

WOMAN: In banjo position cross right in front of left but not tightly, as body commences to turn right take a small step to side on left completing 1/4 right face body turn, back right with right shoulder leading, cross left in front of right but not tightly; side right commencing left face body turn, close left completing 1/4 body turn left, cross right in front of left commencing right face body turn, side left completing 1/4 body turn right;

NOTE: The first measure of this 2 measure figure is exactly the same as the Fishtail. It is a progressive figure which starts and ends in banjo position.

WOMAN: Back right starting left face pivot on ball of foot [thighs locked left leg extended], forward left continuing left turn placing left foot near man's right foot, back right;

NOTE: A 3 step figure beginning in semi-closed position usually ending in banjo position.

Spin Turn

1,2,3;

spn trn

Spin Turn

BK PVT, FWD RISE, SD & BK;

(FWD PVT, BK RISE BRUSH, SD & FWD);

MAN: Commence right face upper body turn back left pivoting 1/2 right face to face line of progression, forward right between woman's feet heel to toe continuing turn leave left leg extended back and side, recover side and back left;

WOMAN: Commence right face upper body turn forward right between man's feet heel to toe pivoting 1/2 right face, back left toe continuing turn brush right to left, side and forward right;

NOTE: Usually starts from closed position reverse line of dance. Basic figure ends in closed position line of dance and wall. However the amount of turn may vary. Underspin will allow the figure to end man facing line of dance, overspin will allow the figure to end man facing wall or wall and reverse line of dance. The amount of turn needed for an underspin or overspin is completed on the second step.

Telemark to Semi-Closed Position [Open]

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

Whisk

1,2,3;

wsk

Whisk

FWD, FWD & SD RISE, XIB;

(BK, BK & SD RISE, XIB);

MAN: In closed or banjo position forward left to closed position, forward and side right commencing rise to ball of foot, cross left in back of right continuing to full rise to ball of foot ending in tight semi-closed position;

WOMAN: In closed or banjo position back right to closed position, back and side left commencing to rise to ball of foot, cross right in back of left continuing to full rise to ball of foot ending in a tight semi-closed position;

Wing

1,2,3;

none

Wing

FWD, DRAW, TCH;

(FWD, FWD TRN, FWD TRN);

MAN: In semi-closed position forward right, draw left toward right, touch left to right turning upper part of body left face with left side stretch;

WOMAN: Forward left beginning to cross in front of man turning slightly left face, forward right around man continuing to turn slightly left face, forward left around man continuing to turn slightly left face to end in a tight sidecar position

ROUNDALAB STANDARD
Phase IV of Round Dancing

CHA CHA

CH. CHA CHA

CHARACTERISTICS: [Timing is 4/4] Normally 5 steps to a measure using 1,2,3&,4. Each step should be taken with pressure on the ball of the foot with knee flexed. As weight is taken on to the ball of the foot the heel is lowered, the knee straightens and the heel of the opposite foot releases as the hips move to the side [always in the direction of the stepping foot]. Most all Latin figures and rhythms are danced ball flat [no heel leads] with toes slightly turned out. Step 1 is taken slightly across in line with the supporting foot. Steps 3, 4 and 5 of forward and backward progressive figures may be danced with Latin Locks.

# Aida	none	Aida
1,2,3&,4;	FWD TRN, SD TRN, BK/LK, BK;	
	(FWD TRN, SD TRN, BK/LK, BK);	

MAN: Forward right turning right face, side left continuing right face turn, back right/lock left in front of right, back right;

WOMAN: Forward left turning left face, side right continuing left face turn, back left/lock right in front of left, back left;

NOTE: May be done from semi-closed, butterfly, open or open facing positions. When done from butterfly or open facing positions the first step is thru between partners. Ends in a V back-to-back position. May be done in opposite direction starting with opposite foot.

## Alemana	none	Alemana
1,2,3&,4; 1,2,3&,4;	FWD, REC, SD/CL, SD; BK, REC, SD/CL, SD;	
	(BK, REC, SD/CL, SD; FWD TRN, FWD TRN, SD/CL, SD);	

MAN: Forward left, recover right, side left/close right, side left leading woman to turn right face; back right, recover left, side right/close left, side right;

WOMAN: Back right, recover left, side right/close left, side right commence right face swivel; continue right face turn under joined lead hands forward left, continue right face turn forward right, side left/close right, side left;

NOTE: Starts and ends facing partner. Woman completes a right face turn under joined lead hands. At end of the first measure, man brings joined lead hands up to palm-to-palm position indicating to the woman to commence a right face turn. Steps 1 and 2 of the second measure for the woman are forward walking steps. Woman may place her free hand on her hip.

# Alemana from a Fan	none	Alemana
1,2,3&,4; 1,2,3&,4;	FWD, REC, SD/CL, SD; BK, REC, SD/CL, SD;	
	(CL, FWD, FWD/FWD, FWD TRN; FWD TRN, FWD TRN, SD/CL, SD);	

MAN: Forward left, recover right, side left/close right, side left leading woman to turn right face; back right, recover left, side right/close left, side right;

WOMAN: Close right, forward left, forward right/forward left, forward right commence right face swivel to face partner; continue right face turn under joined lead hands forward left, continue right face turn forward right, side left/close right, side left;

NOTE: Starts in fan position, ends facing partner. Woman completes a right face turn under joined lead hands. At the end of the first measure, man brings joined lead hand up to palm-to-palm position indicating to the woman to commence a right face turn. Steps 1 and 2 of the second measure for the woman are forward walking steps. Woman may place her free hand on her hip.

ROUNDALAB STANDARD Phase IV of Round Dancing

Chase Peek-a-Boo

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

Cross Body

1,2,3&,4; 1,2,3&,4;

X bdy

Cross Body

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

MAN: Forward left, recover right turning left face, [foot turned about 1/4 turn body turned 1/8 turn] side left/close right, side left; back right behind left continue left face turn, recover left, side right/close left, side right;

WOMAN: Back right, recover left, forward right/close left, forward right toward man staying on right side ending in an L-shaped position; forward left commencing to turn left, forward right turning 1/2 left face, side left/close right, side and back left;

NOTE: Figure is done in closed position. May turn 3/8 to 1/2 over two measures. Woman's turn is entirely in second measure.

Develope

none

Develope

[Moved from Phase VI]

1,2,3,4;

FWD CK, -, -, -;

(BK, -, FT UP, EXTEND FT);

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

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

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

Fan [from 1/2 a Basic]

none

Fan

1,2,3&,4;

BK, REC, SD/CL, SD;

(FWD, SD & BK TRN, BK/LK, BK);

MAN: Back right, recover left, side right/close left, side right;

WOMAN: Forward left, turning left face step side and back right making 1/4 turn to left, back left/lock right in front, back left leaving right extended forward with no weight;

NOTE: Man's side cha cha and woman's back cha cha must be small steps. Ends in fan position. No turn for the man. When done from closed, open or butterfly positions woman turns 1/4 left face. When this follows a higher phase Hip Twist figure the second step for the woman must be forward turning 1/2 left face. When done from side by side position, woman turns 3/4 left face. When starting with right hands joined man must change hands on second step.

Flirt

none

Flirt

1,2,3&,4; 1,2,3&,4;

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

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

MAN: Forward left, recover right, side left/close right, side left; back right, recover left, side right/closeleft, side right;

WOMAN: Rock back right, recover left turning left face, continue turn to Varsouvienne position side right/close left, side right; rock back left, recover right, side left/close right, side left moving to her left in front of the man to Left Varsouvienne position.

ROUNDALAB STANDARD
Phase IV of Round Dancing

FOXTROT

FT. FOXTROT

CHARACTERISTICS: [Timing is 4/4] Normally 3 steps to a measure with a count of SQQ. Body relaxed with soft knees, weight on the forward part of the weighted foot with minimum weight on the heel. Before taking step 1, body must have a slight lowering action throughout the leg of the weighted foot to create a heel lead with the moving foot. For natural and reverse turns, the man will have a slight early body rise at the end of step 1 to lead the woman into her heel turn. Natural [right] turns--the upper body commences turn before the step is taken. Reverse [left] turns--the body commences the turn after the forward action of the first step and continues to turn through step 2.

# Back Feather	bk fthr	Back Feather
SQQ;	BK, -, BK, BK;	
	(FWD, -, FWD, FWD);	

MAN: Back left, -, back right with right shoulder leading, back left to CBMP;

WOMAN: Forward right, -, forward left with left shoulder leading, forward right to CBMP;

NOTE: Starts closed position usually facing diagonal reverse and wall. May be turned right face up to 1/8 turn.

Back Hover

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

## Back Hover Telemark	bk hvr tele	Back Hover Telemark
SQQ;	BK TRN, -, SD & FWD RISE & TRN, SD & FWD;	
	(FWD TRN, -, SD & FWD RISE & TRN, SD & FWD);	

MAN: Commence right face upper body turn back left, -, side and forward right continuing turn rising slightly [hovering] with body turning up to 3/8 right face, side and forward left small step on toe to semi-closed position.

WOMAN: Commence right face upper body turn forward on right between man's feet turning right face, -, side and forward left continuing turn rising slightly [hovering], side and forward right step on toe to semi-closed position;

NOTE: Starts in closed position and ends in semi-closed position.

# Back Whisk	bk wsk	Back Whisk
SQQ;	BK, -, BK & SD, XIB;	
	(FWD, -, FWD & SD, XIB);	

MAN: Back left, -, back and side on right, cross left in back of right finishing in semi-closed position;

WOMAN: Forward right, -, forward and side left, cross right in back of left finishing in semi-closed position;

# Chair and Slip	chr & slp	Chair and Slip
SQQ;	LUN THRU, -, REC, SLP BK;	
	(LUN THRU, -, REC, SWVL FWD);	

MAN: From semi-closed position check thru right with lunge action as for Chair [see Phase III], -, recover left [no rise], with slight left face upper body turn slip right behind left continuing turn 1/8 to the left to closed position to end facing diagonal line of dance and center of hall;

WOMAN: From semi-closed position check thru left as for Chair [see Phase III], -, recover right [no rise], swivel left face on right and step forward left outside man's right foot to closed position;

FOXTROT

ROUNDALAB STANDARD

Phase IV of Round Dancing

Change of Direction

SS;

chg of dir

Change of Direction

FWD, -, FWD TRN LF, DRAW;

(BK, -, BK TRN LF, DRAW);

MAN: Forward left diagonally line and wall, -, forward right diagonally line and wall right shoulder leading and turn left face, draw left to right and brush;

WOMAN: Back right diagonally line and wall, -, back left diagonally line and wall left shoulder leading turn left face, draw right to left and brush;

NOTE: Closed position throughout, up to 1/4 left face turn.

Closed Impetus

SQQ;

cl imp

Closed Impetus

BK TRN, -, TRN, SD & BK;

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

MAN: Commence right face upper body turn back left, -, close right to left [heel turn] continue turn, side and back left to closed position;

WOMAN: Commence right face upper body turn forward right between man's feet heel to toe turning 1/2 right face, -, side and forward left continue turn around man brush right to left, forward right between man's feet to closed position;

Closed Wing

SQQ;

cl wing

Closed Wing

FWD, -, DRAW, TCH;

(BK, -, SD, FWD);

MAN: Forward right, -, draw left to right with left face upper body turn, continuing upper body turn touch left;

WOMAN: Back left, -, side right across man, forward left to sidecar position;

NOTE: May be done from closed or banjo positions.

Cross Hesitation

SS;

(SQQ);

X hes

Cross Hesitation

THRU, -, TRN HOLD, -;

(THRU, -, SD TRN, CL);

MAN: Thru right, -, commence 1/4 to 3/8 left face turn on right hold, -;

WOMAN: Thru left, -, side right around man turning left, continuing turn close left to right in CBMP;

NOTE: Starts in semi closed position and ends in CBMP.

Cross Pivot

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

SQQ;

X pvt

Cross Pivot

FWD TRN, -, SD TRN, FWD;

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

MAN: From semi-closed position forward right in front of woman beginning a right face turn, -, side left continuing right face turn, forward right to sidecar position;

WOMAN: From semi-closed position forward left small step commence right face turn, -, forward right between man's feet heel to toe pivoting 1/2 right face, side and back left to sidecar position;

NOTE: Man makes a 3/4 right face turn. Woman makes 3/8 right face turn. The second step for the woman is between the man's feet. May start in closed position. If starting in closed position, woman's first step is back commencing a right face turn.

FOXTROT

Cross Swivel

NOTE: Usually starts in closed position. Figure will turn 1/2 left face.

Develope

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

Diamond Turn

NOTE: A 4 measure figure. Turns 1 full turn left face in 4 measures. Each measure turns 1/4. Starts in banjo or closed position and ends in designated position and facing direction.

Drug Hesitation

NOTE: May be done from different positions. Overall turn is approximately $3/8$.

ROUNDALAB STANDARD
Phase IV of Round Dancing

Feather

SQQ;

fthr

THRU, -, FWD, FWD;
(THRU TRNG, -, SD & BK, BK);

Feather

MAN: From semi-closed position forward right, -, forward left, forward right in CBMP;

WOMAN: From semi-closed position thru left turning left face toward partner, -, side and back right to CBMP, back left;

NOTE: May begin in other dance positions. Figure consists of 3 steps starting with man's right and woman's left and always ends in CBMP.

Feather Finish

SQQ;

fthr fin

BK, -, SD & FWD, XIF [CBJO];
(FWD TRNG, -, SD & BK, BK [CBJO]);

Feather Finish

MAN: Back right turning left face, -, side and forward left, forward right outside woman crossing right leg in front of left at thighs to CBMP;

WOMAN: Forward left turning left face, -, side and back right, back left crossing leg in back of right at thighs;

NOTE: Begins in closed or CBMP. Ends in CBMP. May turn as little as 1/8 or as much as 1/2 to the left.

Forward Hover

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

Heel Pull

SS;

(SQQ);

none

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

Heel Pull

MAN: Back left starting right face turn, -, continuing turn on left heel pull right foot back to left transfer weight to right at end of step ending side with feet slightly apart, -;

WOMAN: Forward right turning right face, -, continuing turn side left, draw right to left;

NOTE: Usually ends facing diagonally line and center. Amount of turn may vary. Usually done in closed position.

Hesitation Change

SQQ;

hes chg

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

Hesitation Change

MAN: Commence right face upper body turn back left, -, side right continuing turn, draw left to right;

WOMAN: Commence right face upper body turn forward right, -, side left continuing turn, draw right to left;

NOTE: A 1 measure figure usually done in closed position, but may be done in CBMP. Turn may be 1/8 to 1/2.

Hover Corte

SQQ;

hvr corte

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

Hover Corte

MAN: Back right starting left face turn, -, side and forward left with hovering action continuing body turn, recover 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.

ROUNDALAB STANDARD**FOXTROT****Phase IV of Round Dancing****# Hover Telemark**

SQQ;

hvr tele

Hover Telemark

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.

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 & TRN, -, SD & FWD TRN,

SD & 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;

L wsk

Left Whisk

THRU [SCP], -, SD & FWD [CP], XIB [RSCP];

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

MAN: Thru right in 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 left;

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;

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.

FOXTROT**ROUNDALAB STANDARD****Phase IV of Round Dancing****# Natural Turn**

SQQ; SQQ;

nat trn

Natural Turn

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

MAN: Commence right face upper body turn forward right heel to toe, -, side left across line of dance, back right; 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 side with feet slightly apart, forward left;

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

NOTE: Requires 2 measures. Closed position throughout. Starts diagonal line and wall and ends diagonal line and center.

Natural Turn One Half

SQQ;

nat trn 1/2

Half Natural

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

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

WOMAN: Commence right face upper body turn back left, -, close right [heel turn] continue turn, forward left;

NOTE: Usually starts in closed position, but may start in semi-closed position. Ends in closed position.

Open Natural Turn

SQQ;

op nat trn

Open Natural

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

MAN: Commence right face upper body turn forward right heel to toe, -, 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;

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

Open Reverse Turn

SQQ;

op rev trn

Open Reverse

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

MAN: Forward left turning left face 1/8 to 1/4, -, continue turn side right, back left to CBMP;

WOMAN: Back right turning left 1/8 to 1/4, -, continue turn side left, forward right to CBMP;

NOTE: Starts in closed position. Usually 3/8 left turn. Ends in CBMP.

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.

FOXTROT

SQQ; outsd chg to SCP Outside Change to Semi-Closed
BK, -, BK TRN, SD & FWD;
(FWD, -, FWD, SD & FWD);

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

SQQ; BK, -, SD & FWD, CK FWD;
(FWD TRN, -, SD & BK, CK BK):

WOMAN: Forward left turning left face, -, side and back right, check back left outside partner to CBMP:

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

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

none	Oversway
SD SWAY	
(SD SWAY)	

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.

pvt RF dbl 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. -;

FOXTROT**ROUNDALAB STANDARD****Phase IV of Round Dancing****## Progressive Wing**

SQQ;

prog wing

Progressive Wing

FWD, -, FWD & SD, XIB;
(FWD, -, FWD, FWD);MAN: Forward right commence slight left face turn, -, forward and side left continue left face turn, cross right behind left end in sidecar position;WOMAN: Forward left commence slight left face turn, -, forward right around man continue slight left face turn, forward left around man completing left face turn to end in sidecar position;**# Promenade Sway**

SS;

PROM sway

Promenade Sway

SD & FWD [SCP], -, RELAX KNEE, -;
(SD & FWD [SCP], -, RELAX KNEE), -;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, -;**# Promenade Weave**

SQQ; QQQQ;

PROM wev

Promenade Weave

FWD, -, FWD, SD & BK; BK, BK, SD & FWD, FWD;
(FWD, -, SD & BK TRN, FWD; FWD, FWD TRN, SD & BK, BK);MAN: Forward right, -, forward left turning left face to closed position, side and slightly back on right to CBMP diagonal line and center; back left diagonal line and center still in CBMP, back right turning body left face and turning woman to closed position, side and slightly forward left, forward right to banjo position diagonal line and wall;WOMAN: Forward left, -, side and slightly back right to closed position, continue turning on right foot until facing line of dance then forward left diagonal line and center; forward right to CBMP, forward left diagonal line and center turning left face to closed position, side and slightly back right, back left to diagonal line and wall to banjo position;NOTE: Starts semi-closed position diagonal line and center. Ends in banjo position diagonal line and wall.**Quick Diamond Four**

QQQQ

qk dia 4

Quick Diamond 4

FWD, SD, BK, BK;
(BK, SD, FWD, FWD)MAN: Forward left on the diagonal commencing left face turn, continuing left face turn side right, back left, back right to designated position and facing direction;WOMAN: Back right on the diagonal commencing left face turn, continuing left face turn side left/forward right, forward left to designated position and facing direction;NOTE: Starts in banjo or closed position.**# Reverse Fallaway**

rev falwy

Reverse Fallaway

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

SQQ;

FWD TRN, -, SD, XIB;
(BK TRN, -, SD, XIB);MAN: From closed position forward left turning left face, -, side right, cross left in back of right;

From semi closed position thru right with slight body turn to left, -, forward left turning left, back on right;

Reverse Fallaway continued on Page 9.

ROUNDALAB STANDARD
Phase IV of Round Dancing

FOXTROT

WOMAN: From closed position back right turning left face, -, side left, cross right in back; From semi closed position thru left with slight body turn to left, back right turning left, back on left;

NOTE: When starting in closed position, turn is usually 1/8 to 1/4 left. The cross in back step should be taken well under the body. Ends in a tight V semi-closed position. Do not open up bodies. When starting in semi-closed position, turn is usually 3/8 to left. Always ends in semi-closed regardless of starting position.

# Reverse Turn	rev trn	Reverse Turn
SQQ; SQQ;	FWD TRN, -, SD TRN, BK; BK TRN, -, SD & FWD, FWD;	
	(BK, -, CL TRN, FWD; FWD TRN, -, SD, BK);	

MAN: Forward left starting left face body turn, -, side right continuing turn, back left line of dance to closed position; back right continuing left face turn, -, side and slightly forward left diagonal line and wall, forward right to CBMP;

WOMAN: Back right starting left face turn, -, close left to right (heel turn) continuing turn, forward right to closed position; forward left continuing left face turn, -, side right to diagonal line and wall, back left to CBMP diagonal line and wall;

NOTE: Requires 2 measures. Starts in closed or CBMP, goes to closed position at end of measure 1, CBMP at end of measure 2. Starts diagonal line and center, ends diagonal line and wall.

# Reverse Turn One Half	rev trn 1/2	Half Reverse Turn
SQQ;	FWD TRN, -, SD TRN, BK;	
	(BK, -, CL TRN, FWD);	

MAN: Forward left starting left face body turn, -, side right continuing turn, back left line of dance to closed position;

WOMAN: Back right starting left face body turn, -, close left to right [heel turn] continuing turn, forward right to closed position;

# Reverse Wave	rev wav	Reverse Wave
SQQ; SQQ;	FWD, -, FWD TRN, BK; BK, -, BK, BK;	
	(BK TRN, -, CL TRN, FWD; FWD, -, FWD, FWD);	

MAN: Forward left starting left face body turn up to 3/8, -, side right line of progression, back left diagonally; back right line of progression, -, back left, back right curving left face to end facing reverse line of progression;

WOMAN: Back right starting left face body turn up to 3/8, -, close left to right [heel turn], forward right diagonally; forward left, -, forward right, forward left curving to end facing line of progression;

NOTE: Closed position throughout - usual turn is 1/2 to 5/8.

# Right Lunge	R lun	Right Lunge
S	SD & FWD	
	(SD & BK)	

MAN: Flex left knee move side and slightly forward onto right keeping left side in toward partner and as weight is taken on right flex right knee and make slight body turn to left and look at partner.

WOMAN: Flex right knee move side and slightly back on to left keeping right side in toward partner and as weight is taken on left flex left knee and make slight body turn to left.

NOTE: Exits may vary. Amount of time varies.

ROUNDALAB STANDARD **Phase IV of Round Dancing**

Slow Side Lock

SQQ;

slo sd lk

Slow Side Lock

THRU, -, SD & FWD, XIB;

(THRU TRN, -, SD & BK TRN, XIF);

MAN: Thru right, -, side and forward left to closed position, cross right in back of left turning slightly left face;

WOMAN: Thru left starting left face turn, -, side and back right continuing turn to closed position, cross left in front of right;

NOTE: Starts in semi-closed position diagonal center of hall and ends closed position diagonal center of hall.

Telemark to Banjo Position [Closed]

SQQ;

tele to BJO

Telemark to Banjo

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

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

MAN: Forward left [or from sidecar position forward left outside woman], -, forward and side right around woman close to woman's feet turning left face, step forward and side left to end in a tight banjo position;

WOMAN: Back right commencing left face heel turn on right heel bringing left beside right with no weight, -, continue left face turn on right heel and change weight to left, step back and side right;

NOTE: May start from closed, banjo or sidecar position. Sometimes cued as "Closed Telemark".

Telemark to Semi-Closed Position [Open]

tele

Telemark to Semi-Closed

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

SQQ;

FWD, -, FWD TRN, FWD;

(BK, -, CL TRN, FWD);

MAN: Forward left commencing to turn left, -, side right continuing turn, side and slightly forward left to end in tight semi-closed position;

WOMAN: Back right commencing to turn left bringing left beside right with no weight, -, turn left face on right heel [heel turn] and change weight to left, step side and slightly forward right to end in tight semi-closed position;

NOTE: May start in closed, sidecar or banjo position. Normally a 3/4 turn to left. Sometimes cued as "Open Telemark".

Three Step

SQQ;

3 stp

Three Step

FWD, -, FWD, FWD; or BK, -, BK, BK;

(BK, -, BK, BK; OR FWD, -, FWD, FWD);

MAN: Starting with left foot, three passing steps in 1 Foxtrot measure with heel lead on steps 1 and 2 rising to toe on step 3;

WOMAN: Starting with right foot, three passing steps.

NOTE: May start in closed or banjo position ending in closed position.

ROUNDALAB STANDARD
Phase IV of Round Dancing

QUICKSTEP

QS. QUICKSTEP

CHARACTERISTICS: [Timing is 4/4] Figures are usually written in 1 1/2 measures using various timing: [{SS; S} {SQQ;} {QQS;} {QQQQ;}]. Quickstep should have flight and be danced with a very light airy feeling. Poise is slightly forward so that the weight is carried across the inside arch of the feet.

# Back Whisk	bk wsk	Back Whisk [to Position]
QQS; or SS; S	BK, BK & SD, XIB, -;	
	(FWD, FWD & SD, XIF), -;	

MAN: Back left, back and side on right, cross left in back of right finishing in semi-closed position, -;

WOMAN: Forward right, forward and side left, cross right in back of left finishing in semi-closed position, -;

NOTE: Timing is QQS for a 1 measure figure or SS; S for a slow back whisk requiring 1 1/2 measures.

# Chair and Slip	chr & slp	Chair and Slip
SQQ; or SS; S	LUN, -, REC, BK;	
	(LUN, -, REC, SLP FWD);	

MAN: From semi-closed position check thru right with lunge action as for Chair, -, recover left, small step back on right toe ending in closed position;

WOMAN: Check thru left as for Chair, -, recover right, swivel left on right and step forward left outside man's right foot to closed position;

# Change of Direction	chg of dir	Change of Direction
SS; S or QQS;	FWD, -, FWD TRNG, -; DRAW, -;	
	(BK, -, BK TRNG, -; DRAW), -;	

MAN: Forward left diagonally line and wall, -, forward right diagonally line and wall right shoulder leading and turn left face, -; draw left to right and brush, -;

WOMAN: Back right diagonally line and wall, -, back left diagonally line and wall left shoulder leading turn left face, -; draw right to left and brush, -;

NOTE: Closed position throughout, up to 1/4 left face turn.

# Charleston Crosses	chrstn X's	Charleston Crosses
QQ	SD, XIF,	
	(SD, XIF),	

MAN: Side left swiveling on balls of feet turning left heel out to left and right heel out to right swiveling on balls of both feet, cross right in front of left turning right heel out to left and left heel out to right,

WOMAN: Side right swiveling on balls of feet turning right heel out to right and left heel out to left, swiveling on balls of both feet cross left in back of right turning left heel out to right and right heel out to left,

NOTE: Usually loose closed position. May start in butterfly position. Usually from 4 to 8 steps in sequence. May be done with same footwork.

QUICKSTEP**ROUNDALAB STANDARD****Phase IV of Round Dancing****# Closed Impetus**

SS; S

cl imp

Closed Impetus

BK TRNG RF, -, TRN, -; SD & BK, -;

(FWD, -, SD & FWD TRNG RF, -; BRUSH FWD), -;

MAN: Commence right face upper body turn back left, -, close right [heel turn] continue turn, -; side and back left to closed position, -;

WOMAN: Commence right face upper body turn forward right between man's feet heel to toe pivoting 1/2 right face, -, side and forward left continue turn around man brush right to left, -; forward right between man's feet to closed position, -;

Cross Chasse

SQQ; S

X chasse

Cross Chasse

FWD, -, FWD & SD, CL; FWD, -;

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

MAN: Forward left, -, forward and side right, close left; forward right to CBMP, -;

WOMAN: Back right, -, back and side left, close right; back left to CBMP, -;

NOTE: Starts in closed position.

Cross Hesitation

S

X hes

Cross Hesitation

THRU, -, TRN, -;

(THRU, -, SD TRN, CL);

MAN: From semi closed position step thru right, -, commence 1/4 to 3/8 left face turn on right leaving left leg extended, continue turn, -;

WOMAN: From semi closed position thru left, -, side right around man turning left, continuing turn close left to right in CBMP;

NOTE: Begins in semi closed position and ends in CBMP.

Develope

none

Develope

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

SS;

FWD CK, -, -, -;

(SQQ);

(BK, -, FT UP, EXTEND FT);

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

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

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

Drag Hesitation

SS;

drg hes

Drag Hesitation

FWD TRN, -, SD TRN, DRAW;

(BK TRN, -, SD TRN, DRAW);

MAN: Forward left beginning left face turn, -, side right continuing left face turn, draw left toward right ending in CBMP;

WOMAN: Back right beginning left face turn, -, side left continuing left face turn, draw right toward left ending in CBMP;

NOTE: May be done from different positions. Overall turn is approximately 3/8 to face diagonal reverse line of dance and center.

ROUNDALAB STANDARD
Phase IV of Round Dancing

QUICKSTEP

**# Flicker
&Q&Q**

none Flicker
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
SS;**

none Heel Pull
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
SS; S**

hes chg Hesitation Change
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
SQQ; or SS;**

hvr corte Hover Corte
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
SQQ; or SS; S**

hvr tele Hover Telemark
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 left;

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 trn

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 trn 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

RUMBA

RB. RUMBA

CHARACTERISTICS: [Timing is 4/4] Using count of QQS; each step should be taken with pressure on the ball of the foot with knee flexed. As weight is taken onto the ball of the foot, the heel is lowered, the knee straightens and heel of the opposite foot releases as the hips move to the side [always in the direction of the stepping foot]. Most all of the Latin figures and rhythms are danced ball flat [no heel leads] with toes slightly turned out. Step 1 is taken slightly across in line with the supporting foot. Step 3 is usually taken side and forward or side and back.

# Aida	none	Aida
QQS;	FWD TRN, SD TRN, BK, -;	
	(FWD TRN, SD TRN, BK), -;	

MAN: Forward right turning right face, side left continuing right face turn, back right, -;

WOMAN: Forward left turning left face, side right continuing left face turn, back left, -;

NOTE: May be done from semi-closed, butterfly, open or open facing positions. If done from butterfly or open facing positions the first step would be thru between partners for both man and woman. Ends in a V back-to-back position. May be done in opposite direction.

# Alemana	none	Alemana
QQS; QQS;	FWD, REC, CL, -; BK, REC, SD, -;	
	(BK, REC, SD TRN, -; FWD TRN, FWD TRN, SD), -;	

MAN: Forward left, recover right, close left leading woman to turn right face, -; back right, recover left, side right, -;

WOMAN: Back right, recover left, side right commence right face swivel, -; continue right face turn under joined lead hands forward left, continue right face turn forward right, side left, -;

NOTE: Starts and ends facing partner. Woman completes a right face turn under joined lead hands. At end of first measure, man brings joined lead hands up to palm-to-palm position indicating to woman a right face turn. Woman's free hand should be on her hip.

# Alemana from a Fan	none	Alemana
QQS; QQS;	FWD, REC, CL, -; BK, REC, SD, -;	
	(CL, FWD, FWD TRN, -; FWD TRN, FWD TRN, SD), -;	

MAN: Forward left, recover right, close left leading woman to turn right face, -; back right, recover left, side right, -;

WOMAN: Close right, forward left, forward right commence right face swivel to face partner, -; continue right face turn under joined lead hands forward left, continue right face turn forward right, side left, -;

NOTE: Starts in fan position, ends facing partner. Woman completes a right face turn under joined lead hands. At end of the first measure, man brings joined lead hands up to palm-to-palm position indicating to the woman to commence a right face turn. Steps 1 and 2 of the second measure for the woman are forward walking steps. Woman may place her free hand on her hip.

Chase-Peek-a-Boo**[Moved to Phase III - on Phase IV Addendum Video Tape]****## Cross Body**

X body

Cross Body

QQS; QQS;

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

MAN: Forward left, recover right, side left turning left face [foot turned about 1/4 turn body turned 1/8 turn], -; back right continue left face turn, small forward left, side and forward right, -;

WOMAN: Back right, recover left, forward right toward man staying on right side ending in an L-shaped position, -; forward left commencing to turn left, forward right turning 1/2 left face end with right foot back, side and back left, -;

NOTE: Figure is done in closed position. May turn 3/8 to 1/2 over 2 measures. Woman's turn is entirely in second measure.

Develope

none

Develope

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

SS

FWD CK, -, -, -;

(SQQ);

(BK -, FT UP, EXTEND FT);

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

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

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

Fan [from 1/2 a Basic]

none

Fan

QQS;

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

MAN: Back right, recover left, side right, -;

WOMAN: Forward left, turning left face step side and back right making 1/4 turn to left, back left leaving right extended forward with no weight, -;

NOTE: Ends in fan position. No turn for man. When done from closed, open facing or butterfly positions woman turn 1/4 left face. If done from L-shaped position she must turn 1/2 left face. May be done from side-by-side position with woman turning 3/4 left face. When starting with right hands joined man must change hands on the second step.

Flirt

none

Flirt

QQS; QQS;

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

MAN: Forward left, recover right, side left, -; back right, recover left, side right, -;

WOMAN: Back right, forward left, forward right turning left face to Varsouvienne position, -; back left, recover right, side left moving to her left in front of the man to end in Left Varsouvienne position, -;

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**

Develope

none

Develope

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

SS;

FWD CK, -, -, -;

(SQQ);

(BK, -, FT UP, EXTEND FT);

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

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

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

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, -;

TANGO

ROUNDALAB STANDARD

Phase IV of Round Dancing

Open Reverse Turn Closed Finish op rev trn 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, -;

Owersway

ovrsway

Owersway

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 dbl

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, -;

WALTZ

Develope

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

1,2,3;

FWD CK, -, -;

(BK, FT UP, EXTEND FT);

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

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

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

Diamond Turn

diam trn

Diamond Turn

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

FWD, SD, BK; BK, SD, FWD; FWD, SD, BK; BK, SD,

FWD;

(BK, SD, FWD; FWD, SD, BK; BK, SD, FWD; FWD, SD, BK);

MAN: Forward left turning on the diagonal, continuing left turn side right, back left to banjo position; staying in banjo position and turning left face step back right, side on left, forward right; still in banjo position step forward left turning on the diagonal, side right, back left; back right continuing turn, side left, forward right to designated position and facing direction;

WOMAN: Back right turning on the diagonal, continuing left turn side left, forward right to banjo position; forward left turning left face, side right, back left; back right turning left face, side left, forward right; forward left turning left face, side right, back left to designated position and facing direction.

NOTE: A 4 measure figure. Turns 1 full turn left face in 4 measures. Each measure turns 1/4. Starts in designated position and facing direction.

Drag Hesitation

drg hes

Drug Hesitation

1,2,3;

FWD, SD, DRAW;

(BK, SD, DRAW);

MAN: Forward left beginning left face turn, side right continuing left face turn, draw left toward right ending in CBMP:

WOMAN: Back right beginning left face turn, side left continuing left face turn, draw right toward left ending in CBMP;

NOTE: May be done from different positions. Overall turn is approximately 3/8 to face diagonal reverse line of dance and center.

Forward Hover

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

Heel Pull

none

Heel Pull

1,2,3;

BK TRN, SD, -;

(FWD TRN, SD, DRAW):

MAN: Back left starting right face turn, continue turn on left heel pull right foot back to left, transfer weight to right at end of step ending side with feet slightly apart. -;

WOMAN: Forward right turning right face, continue turn side left, draw right to left;

NOTE: Usually ends facing diagonal line and center. Amount of turn varies.

ROUNDALAB STANDARD **Phase IV of Round Dancing**

Hesitation Change

1,2,3;

hes chg

Hesitation Change

BK TRN, SD TRN, DRAW;
 (FWD TRN, SD TRN, DRAW);

MAN: Commence right face upper body turn back left, side right continuing turn, draw left to right;

WOMAN: Commence right face upper body turn forward right, side left continuing turn, draw right to left;

NOTE: A 1 measure figure usually done in closed position, but may be done in CBMP. Amount of turn varies.

Hover Corte

1,2,3;

hvr corte

Hover Corte

BK & TRN, SD & FWD RISE, REC BK;
 (FWD, SD & FWD RISE, REC);

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

1,2,3;

hvr tele

Hover Telemark

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.

In and Out Runs

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

I/O runs

In and Out Runs

FWD & TRN, SD & BK, BK; BK & TRN, SD & FWD &
 TRN, FWD;
 (FWD, FWD, FWD; FWD & TRN, FWD & 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.

ROUNDALAB STANDARD
Phase IV of Round Dancing

WALTZ

Left Whisk
1,2,3;

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 left;

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
1,2,3;

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.

Open Natural Turn
1,2,3;

op nat trn Open Natural
FWD TRN, SD, BK;
(BK TRN, SD, FWD);

MAN: In closed position commence right face upper body turn forward right heel to toe, side left across line of dance, continue slight right face upper body turn to lead partner to step outside back right to CBMP;

WOMAN: In closed position commence right face upper body turn back left, side right across line of dance, forward left outside partner to end CBMP;

NOTE: May be done in banjo or semi-closed position. When starting in semi-closed position woman's first step is forward.

Open Reverse Turn
1,2,3;

op rev trn Open Reverse
FWD TRN, SD, BK;
(BK TRN, SD TRN, FWD);

MAN: In closed position forward left turning left face 1/8 to 1/4, continue left turn side right, back left to CBMP;

WOMAN: In closed position back right turning left 1/8 to 1/4, continue left turn side left, forward right to CBMP;

NOTE: Usually 3/8 left turn, ends with passing step, not closing.

Outside Change to Banjo Position

1,2,3;

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 contra banjo positions. Up to 1/2 left face turn. No sway. Woman keeps head left throughout.

Outside Change to Semi-Closed Position

1,2,3; 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 left face, side and forward left 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 contra banjo positions. 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 Check

1,2,3; outsd ck Outside Check
 BK, SD & FWD, CK FWD;
 (FWD TRN, SD & BK, CK BK);

MAN: Back right turning left face, side and forward left, check forward right outside partner to CBMP;

WOMAN: Forward left turning left face, side and back right, check back left outside partner to CBMP;

Outside Swivel

1,2,3; outsd swvl Outside Swivel
 BK, XIF [NO WGT], -;
 (FWD, SWVL RF), -;

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, -;

Oversway

1, none Oversway
 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.

Progressive Wing

1,2,3; prog wing Progressive Wing
 FWD, FWD & SD, XIB;
 (FWD TRN, FWD TRN, FWD);

MAN: Forward right commence slight left face turn, forward and side left continue left face turn, cross right behind left end in sidecar position;

WOMAN: Forward left commence slight left face turn, forward right around man continue slight left face turn, forward left around man completing left face turn to end in sidecar position;

Promenade Sway

1,2, PROM sway Promenade Sway
 SD & FWD [SCP], RELAX KNEE,
 (SD & FWD [SCP], RELAX KNEE),

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

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

ROUNDALAB STANDARD
Phase V of Round Dancing

FOXTROT

NOTE: As you dance this figure, man and woman should start with a relaxed knee. As weight is transferred, both should step onto a relaxed knee as they go into the right lunge. Man should keep his top off and/or away from the woman. Woman looks to left staying well into the man's right arm. Starts and ends in closed position. The turn can be up to 1/4 or more to the left.

Right Turning Lock

Q&QS;

R trng lk

Right Turning Lock

BK/XIF, SD & FWD, FWD;

(FWD/XIB, FWD & SD TRN, FWD);

MAN: Back right backing line of dance with right side lead commence to turn right/cross left in front of right to face center of hall, with slight left side stretch continue to turn upper body to right side and forward right between woman's feet continuing to turn right, forward left to semi-closed position, -;

WOMAN: Forward left with left side lead commence to turn right/cross right in back of left, with slight right side stretch forward and side left staying well into the man's right arm continue to turn right, forward right to semi-closed position, -;

NOTE: Starts in closed position and ends in semi-closed position.

Ripple Chasse

SQ&Q;

none

Ripple Chasse

THRU, -, SD/CL, SD & FWD;

(THRU, -, SD/CL, SD & FWD);

MAN: Thru right in CBMP, -, side and slightly forward left with slight left side stretch/continue left side stretch into a right sway as you close right to left looking to right holding sway, side and forward left losing sway blending to semi-closed position;

WOMAN: Thru left in CBMP, -, side and slightly forward right with slight right side stretch/continue right side stretch into a left sway as you close left to right looking to left holding sway, side and forward right losing sway blending to semi-closed position;

NOTE: Starts in semi-closed position. May end in CBMP.

Rising Lock

SQQ;

rising lk

Rising Lock

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

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

MAN: Back right commence to turn left, -, side and forward left 3/8 turn between 1 and 2 body turns less, cross right in back of left body completes turn;

WOMAN: Forward left commence to turn left, -, side and back right 1/4 turn between 1 and 2, cross left in front of right 1/8 turn between 2 and 3;

NOTE: Starts and ends in closed position. Up to 5/8 turn to left with slow gradual rising made on counts 3 - 4 or the Q Q.

Royal Spin

SQQ;

royal spn

Royal Spin

BK TRN, -, FWD TRN, FWD;

(FWD TRN, -, SM RONDE & UP CONT TRN,
LOWER FT);

MAN: In banjo position commence body turn to the right toeing in with right side lead back left small step in CBMP 3/8 turn to the right on 1, -, forward right outside partner in CBMP heel to toe continue to turn right, left foot passes under body with left side lead forward left 5/8 turn to the right between 2 and 3;

WOMAN: Commence body turn to the right with a left side lead staying well into man's right arm right foot forward in CBMP heel to toe right outside partner, -, continue to turn left as left foot curls in small ronde clockwise raising left knee to bring left foot to right knee toes pointed down 5/8 turn on ball of right foot between 1 and 2, 3/8 turn to the right on ball of right foot between 2 and 3 touch left to right;

FOXTROT

ROUNDALAB STANDARD

Phase V of Round Dancing

Running Open Natural

SQ&Q;

rung op nat

Running Open Natural

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

(THRU, -, FWD/FWD, FWD);

MAN: Thru right in CBMP commence to turn right, -, side and back left with slight left side stretch 3/8 turn to the right between 1 and 2/back right with right side lead commencing to lead woman outside partner in CBM, with slight right side stretch back left in CBMP;

WOMAN: Thru left in CBMP commence upper body turn to right, -, staying well into man's right arm with slight right side stretch/forward left with left side lead preparing to step outside partner in CBMP, with slight left side stretch forward right in CBMP outside partner;

NOTE: Starts in semi-closed position, ends in CBMP. Man has 1/2 turn right face over 4 steps. Woman has all forward steps with 1/4 right face body turn over 4 steps.

Syncopated Whisk

SQ&Q;

sync wsk

Syncopated Whisk

THRU, -, CL/SD, XIB;

(THRU, -, CL/SD, XIB);

MAN: Thru right in CBMP, -, left hip turns towards partner close left to right closed position/side right with slight right side stretch, right side stretch with slight body turn to right left crosses in back of right to tight semi-closed position;

WOMAN: Thru left in CBMP, -, right hip turns towards partner close right to left/side left with slight left side stretch, with left side stretch right foot crosses in back of left to tight semi-closed position;

NOTE: Starts in semi-closed position moves into closed position and back to semi-closed position. Feet should not be crossed tightly, must be 5 to 6 inches apart for balance.

Tipple Chasse

SQ&Q;

none

Tipple Chasse

BK TRN, -, SD TRN/CL, SD;

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

MAN: Commence upper body turn to right back left turning right, -, side right with slight left side stretch 1/4 turn between 1 and 2/close left, side and slightly forward right 1/8 turn between 2 and 3;

WOMAN: Commence upper body turn to right forward right turning right, -, continue turning right face small step side left with slight right side stretch 1/4 turn between 1 and 2/close right, side and slightly back left 1/8 turn between 3 and 4;

NOTE: Starts in closed position. Amount of turn may vary.

Top Spin

&; QQQQ;

top spn

Top Spin

SPN; BK, BK TRN, SD & FWD, FWD;

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

MAN: Starting from a feather or any feather finish position in CBMP outside partner with weight on ball of right foot spin left keep left leg extended back 1/8 turn between the preceding step and 1; back left in CBMP, back right 1/8 turn left between 1 and 2, with left side stretch side and slightly forward left 1/4 turn left between 2 and 3 body turns less, with left side stretch forward right in CBMP outside partner;

WOMAN: Starting from any feather or feather finish position in CBMP with weight on ball of left foot spin left keep right leg extended forward 1/8 turn between the preceding step and 1; forward right in CBMP outside partner, forward left 1/8 turn left between 1 and 2, with right side stretch side right 1/4 turn left between 2 and 3, with right side stretch back left in CBMP 1/8 turn left between 3 and 4 body turns less;

Top Spin continued on Page 11.

FOXTROT

# Turning Lock	trng lk	Turning Lock
Q&QS;	BK/LK, BK TRN, SD & FWD, -;	
	(FWD/LK, FWD TRN, BK & SD), -;	

ROUNDALAB STANDARD
Phase V of Round Dancing

WALTZ

Right Turning Lock

1&2,3; or 1,2&3;

R trng lk

Right Turning Lock

BK/XIF, SD & FWD, FWD;

(FWD/XIB, FWD & SD TRN, FWD);

MAN: Back right backing line of dance with right side lead commence to turn right/cross left in front of right to face center of hall, with slight left side stretch continue to turn upper body to right side and forward right between woman's feet continuing to turn right, forward left to semi-closed position;

WOMAN: Forward left with left side lead commence to turn right/cross right in back of left, with slight right side stretch forward and side left staying well into the man's right arm continue to turn right, forward right to semi-closed position;

NOTE: Starts in closed position and ends in semi-closed position.

Ripple Chasse

1,2&3;

none

Ripple Chasse

THRU, SD/CL, SD & FWD;

(THRU, SD/CL, SD & FWD);

MAN: Thru right in CBMP, side and slightly forward left with slight left side stretch/continue left side stretch into right sway as you close right to left looking to right, side and forward left losing sway blending to semi-closed position;

WOMAN: Thru left in CBMP, side and slightly forward right with slight right side stretch/continue right side stretch into a left sway as you close left to right looking to left, side and forward right losing sway blending to semi-closed position;

NOTE: Starts in semi-closed position. May also end in CBMP.

Rising Lock

1,2,3;

rising lk

Rising Lock

BK TRN, SD & FWD TRN, XIB;

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

MAN: Back right commence to turn left, side and forward left 3/8 turn between 1 and 2 body turns less, cross right in back of left body completes turn;

WOMAN: Forward left commence turn left, side and back right 1/4 turn between 1 and 2, cross left in front of right 1/8 turn between 2 and 3;

NOTE: Starts and ends in closed position. A 5/8 turn to left with slow gradual rising made on counts 2 and 3.

Royal Spin

1,2,3;

royal spn

Royal Spin

BK TRN, FWD TRN, FWD;

(FWD, SM RONDE & UP, LOWER FT);

MAN: In banjo position commence body turn to right toeing in with right side lead back left small step CBMP 3/8 turn right on 1, forward right outside partner CBMP heel to toe continue to turn right, left foot passes under body with left side lead side and forward left to CBMP 5/8 turn right between 2 and 3;

WOMAN: Commence body turn to right with left side lead staying well into man's right arm right foot forward in CBMP heel to toe outside partner, continue to turn left as left foot curls in small ronde clockwise raising knee to bring left foot to right knee toes pointed down 5/8 turn on the ball of right foot between 1 and 2, 3/8 turn to right on ball of right foot between 2 and 3 touch left to right CBMP;

NOTE: Amount of turn may vary.

Running Open Natural
1,2&,3;

rung op nat Running Open Natural
FWD TRN, SD & BK/BK, BK;
(FWD, FWD/FWD, FWD);

MAN: Thru right in CBMP commence to turn right, side and back left with slight left side stretch 3/8 turn to right between 1 and 2/back right with right side lead preparing to lead woman outside partner 1/8 turn right between 2 and 3, with slight right side stretch back left in CBMP;

WOMAN: Thru left in CBMP commence upper body turn right, staying well into man's right arm with slight right side stretch forward right/forward left with left side lead preparing to step outside partner, with slight left side stretch forward right outside partner in CBMP;

NOTE: Starts semi-closed position, ends CBMP. Man has 1/2 turn right face over 4 steps. Woman has all forward steps with 1/4 right face body turn over 4 steps.

Swivel Whisk
1,2,3;

swvl wsk Swivel Whisk
BK TRN, CONT TRN, CONT TRN;
(FWD TRN, SD, XIB);

MAN: Back left with right side lead commence to turn right allow right foot to move slightly leftwards across the front of the left foot without weight, continue body turn to right with right side stretch leading woman outside partner, swivel slightly to right continue upper body turn to right with right side stretch in tight semi-closed position right foot remains forward near left foot no weight;

WOMAN: Forward right with left side lead commence to turn right, side left staying well into man's right arm 3/8 turn between 1 and 2, swivel slightly to the right with left side stretch right foot passes under the body past the left foot crossing right in back of left in tight semi-closed position 1/8 turn between 2 and 3;

NOTE: Usually starts in CBMP man outside partner and ends in semi-closed position. Knees are kept relaxed throughout. Man has 1 weight change throughout the figure, woman has 3 weight changes.

Syncopated Whisk
1&,2,3;

sync wsk Syncopated Whisk
THRU/CL, SD, XIB;
(THRU/CL, SD, XIB);

MAN: Thru right in CBMP/left hip turns toward partner close left to right in closed position, side right with slight right side stretch, right side stretch with slight body turn to right left foot crosses in back of right to tight semi-closed position;

WOMAN: Thru left in CBMP/right hip turns toward partner close right to left in closed position, side left with slight left side stretch, with left side stretch right foot crosses in back of left to tight semi-closed position;

NOTE: Feet should not be crossed tightly, must be 5 to 6 inches apart for balance. Timing may vary 1&,2,3; or 1,2&,3;

Tipple Chasse
1,2&,3;

none Tipple Chasse
BK TRN, SD TRN/CL, SD;
(FWD TRN, SD TRN/CL, SD);

MAN: Commence upper body turn to right back left turning right, side right with slight left side stretch 1/4 turn between 1 and 2/close left, side and slightly forward right 1/8 turn between 3 and 4;

WOMAN: Commence upper body turn to right forward right turning right, side left with slight right side stretch 1/4 turn between 1 and 2/close right, side and slightly back left 1/8 turn between 3 and 4;

NOTE: Starts in closed position. Amount of turn may vary.