

PHASE 1

- Forward Twostep
- Back Twostep
- Side Twostep
- Circle Away & Together
- Quick Two Step

- Box
- Reverse Box

- Balance (Forward, Back)
- Balance (Side)
- Balance (One Step)

- Apart & Together
- Away & Together

- Cross Walk
- Lady Under
- Man Under

- PHASE 2**
- Left Turning Box
- Right Turning Box
- Broken Box
- Circle Box
- Open Box
- Open Reverse Box
- Progressive Box
- Solo Left Turning Box
- Traveling Box

- Face To Face
- Back To Back
- Basketball Turn

- Hitch
- Hitch Six Or Double Hitch
- Hitch Four
- Scissors Hitch

PHASE 2 (continued)

- Scissors
- Thru Scissors
- Hitch Scissors
- Progressive Scissors

- Away Step Step
- Together Step Step
- Balance (Away, Together)

- Back Lock
- Back Lock Back
- Forward Lock
- Forward Lock Forward
- Cut Back

- Breakaway
- Change Sides
- Charleston
- Circle Chase
- Circle Pickup
- Door
- Lace
- Limp
- Reverse Twirl
- Reverse Twirl Vine
- Rock
- Sand Step
- Scoot
- Skate
- Sliding Door
- Spin
- Swivel
- Traveling Door
- Twirl Vine [# Of Steps]
- Twisty Vine [# Of Steps]
- Two Turning Two Steps
- Vine [# Of Steps]
- Wheel

What's a "phase"?

Round dancing is categorized by rhythm and by difficulty (phase). There are 6 phases in round dancing. The chart below shows the phases of the most common rhythms. Note that the majority of the rhythms start at phase 3.

Rhythm	Abbr	1	2	3	4	5	6
TwoStep	TS	X	X	X			
Waltz	WZ	X	X	X	X	X	X
Foxtrot	FT			X	X	X	X
Jive	JV			X	X	X	X
Cha	CH			X	X	X	X
Rumba	RM			X	X	X	X
Bolero	BL			X	X	X	X
Mambo	MB			X	X	X	X
West Coast Swing	WCS				X	X	X
Slow TwoStep	STS			X	X	X	X
Tango	TG			X	X	X	X

Every song (dance) has a rhythm and a phase. Dances rated phase 1 & 2 are called *easy level rounds*, *fun level rounds* or *square dance level rounds*. When the cuer starts a dance, he/she should tell the dancers the rhythm of the dance and the phase of the dance.

There are fun and beautiful dances written for all phases. How high the level and how many rhythms a dancer learns is a personal choice.

If this is your first round dance class, you will also be learning new terminology that can be used in other rhythms: leading and following, frame (posture), positions, dance etiquette, and how to read a cue sheet. So succeeding in this class means the next class will be easier.

TWOSTEP RHYTHM

Twostep musical timing is 4/4. Basic figures have 3 steps (weight changes) to each measure, with the 4th beat a hold. The most common twostep timing is

Quick-Quick-Slow-Hold

We need not be musical geniuses to dance. Timing will make more sense after we've learned a few cues. We will teach the most common cues first, and fill in the others as they occur in a dance.