

Discofox

Figure Descriptions for Round Dance

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General Notes:

Discofox is a beat dance, thus figures may not start and/or end on measure boundaries. Typical figures have a 3 count pattern (ball change on &3).

The figures and positions are named according to already known figures from Jive rhythm (if possible and reasonable). They are categorized into proposed phases III to VI (in adaption to the ROUNDALAB Standard Phase Rating System).

Starting and ending positions and directions are given only as a reference to consider rotation of figure. They may vary when connecting with other figures. Amount of turn may vary if required.

Abbreviations

(in addition to the ROUNDALAB Standard Abbreviations)

bchg	Ball change
comm	Commence
DF	Discofox
DHH	Double handhold (low butterfly)
HLK	Hammerlock position
LOFP	Left open facing position
LSHH	Left stacked handhold (right hands joined & left hands joined, left over right)
LXHH	Left crossed handhold (lead hands joined & trail hands joined, both left over right)
RHS	Right handshake
SHH	Stacked handhold (right hands joined & left hands joined, right over left)
XHH	Crossed handhold (lead hands joined & trail hands joined, both right over left)

Proposed Phase III

Basic,,,

M: QQ&Q [DHH WALL] {Bas} Fwd L, bk R/ {bchg} bk L w ball of ft, rec R, [DHH WALL]
W: QQ&Q Fwd R, bk L/ {bchg} bk R w ball of ft, rec L,

Change hands behind back,,,

M: QQ&Q [DHH WALL] {Hnds bhd bk} Chg hnds to RHS fwd L comm ½ LF trn, chg hnds on bk to ld hnds sd & bk R cont trn jn trl hnds/ {bchg} bk L w ball of ft, rec R, [DHH COH]
W: QQ&Q Fwd R comm ½ RF trn, sd & bk L cont trn/ {bchg} bk R w ball of ft, rec L,

Change places left to right,,,

M: QQ&Q [DHH WALL] {Chg L-R} Rel trl hnds fwd & sd L comm ¼ RF trn, bk R cont trn jn trl hnds/ {bchg} bk L w ball of ft, rec R, [DHH RLOD]
W: QQ&Q Fwd & acrs R comm ¾ LF trn undr ld hnds, sd & bk L cont trn/ {bchg} bk R w ball of ft, rec L,

Change places right to left,,,

M: QQ&Q [DHH WALL] {Chg R-L} Rel trl hnds cl L comm trn ¼ LF, sd & bk R cont trn jn trl hnds/ {bchg} bk L w ball of ft, rec R, [DHH LOD]
W: QQ&Q Fwd R tuck in twd M comm ¾ RF trn undr ld hnds, sd & bk L cont trn/ {bchg} bk R w ball of ft, rec L,

Lady's link,,,

M: QQ&Q [DHH WALL] {W's lnk} Fwd L ldg W to R sd rel trl hnds, bk R to SCP/ {bchg} bk L w ball of ft, rec R, [SCP WALL]
W: QQ&Q Fwd R twd M's R sd comm ½ RF trn, sd & bk L cont trn besd M/ {bchg} bk R w ball of ft, rec L,

Left turning basic,,,

M: QQ&Q [DHH WALL] {L trng bas} Fwd L twd W's L sd comm ½ LF trn, bk R cont trn/ {bchg} bk L w ball of ft, rec R, [DHH COH]

W: QQ&Q Fwd R twd M's L sd comm ½ LF trn, bk L cont trn/ {bchg} bk R w ball of ft, rec L,

Man's link,,,

M: QQ&Q [DHH WALL] {M's lnk} Fwd L twd W's L sd comm ½ LF trn rel trl hnds, sd & bk R cont trn besd W to SCP/ {bchg} bk L w ball of ft, rec R, [SCP COH]

W: QQ&Q Fwd R, bk L/ {bchg} bk R w ball of ft, rec L,

Opening out,,,

M: QQ&Q [OP LOD] {Opg out} Fwd L comm ½ RF trn twd W, bk R cont trn to LOP/ {bchg} bk L w ball of ft, rec R, [LOP RLOD]

W: QQ&Q Fwd R comm ½ LF trn twd M, bk L cont trn/ {bchg} bk R w ball of ft, rec L,

Note: May also start in ½OP or SCP. May also start in LOP or L½OP to turn in other direction.

Right turning basic,,,

M: QQ&Q [DHH WALL] {R trng bas} Fwd L twd W's R sd comm ½ RF trn, bk R cont trn/ {bchg} bk L w ball of ft, rec R, [DHH COH]

W: QQ&Q Fwd R twd M's R sd comm ½ RF trn, bk L cont trn/ {bchg} bk R w ball of ft, rec L,

Throw out,,,

M: QQ&Q [DHH WALL] {Thrw out} Rel trl hnds cl L comm trn ¼ LF, sd & bk R cont trn/ {bchg} bk L w ball of ft, rec R, [LOFP LOD]

W: QQ&Q Fwd R twd M comm ¼ LF trn, sd & bk L cont trn/ {bchg} bk R w ball of ft, rec L,

Proposed Phase IV

American spin,,,

M: QQ&Q [DHH WALL] {Amer spn} Fwd L, ldg W to spn RF rel hnds bk R jn hnds/ {bchg} bk L w ball of ft, rec R, [DHH WALL]

W: QQ&Q Fwd R tuck in twd M, Xif L spn full RF/ {bchg} bk R w ball of ft, rec L,

Back to back sweetheart,,,

From M's tamara position:

M: QQ&Q [M-TAMP WALL] {Bk-bk swhrt} Fwd L ldg W fwd undr trl hnds bring trl hnds dwn, diag bk & sd R trn ⅙ LF look L at W/ {bchg} bk L w ball of ft, rec R, [BK-BK WALL ptr to L]

W: QQ&Q Fwd R undr trl hnds, diag bk & xib L trn ⅙ LF look L at M/ {bchg} bk R w ball of ft, rec L,

From W's tamara position:

M: QQ&Q [W-TAMP WALL] {Bk-bk swhrt} Fwd L undr ld hnds bring ld hnds dwn, diag bk & sd R trn ⅙ LF look L at W/ {bchg} bk L w ball of ft, rec R, [BK-BK WALL ptr to L]

W: QQ&Q Fwd R, diag bk & xib L trn ⅙ LF look L at M/ {bchg} bk R w ball of ft, rec L,

From back to back position, partner to left:

M: QQ&Q [BK-BK WALL ptr to L] {Bk-bk swhrt} Diag fwd & sd L trn ⅙ RF raise trl hnds & elbow, bk R ldg W bwd undr trl hnds ld hnd on bk/ {bchg} bk L w ball of ft, rec R, [M-TAMP WALL]

W: QQ&Q Diag fwd & xif R trn ⅙ RF, bk L undr trl hnds/ {bchg} bk R w ball of ft, rec L,

Note: "Bk-bk swhrts 2x" may be cued as "Bk-bk swhrts".

"Bk-bk swhrt ~ Slide bk-bk 2x ~ Bk-bk swhrt" may be cued as "Bk-bk swhrts w 2 slds".

Change places right to left free spin,,,

M: QQ&Q [DHH WALL] {Chg R-L free spn} Rel hnds cl L comm trn ¼ LF, sd & bk R cont trn jn ld & trl hnds/ {bchg} bk L w ball of ft, rec R, [DHH LOD]

W: QQ&Q Fwd R tuck in twd M press R hnd on M's chest comm ¾ RF trn, sd & bk L cont trn/ {bchg} bk R w ball of ft, rec L,

Double pivot;.

M: QQ
QQ&Q [SCP WALL] {Dbl pvt} Fwd & sd L trng ½ RF arnd W to CP, fwd R btw W's ft comm pvt full RF, rec L cont pvt, fwd R btw W's ft cont pvt/ {bchg} bk L w ball of ft; rec R, [CP COH]

W: QQ
QQ&Q Fwd R btw M's ft, sd & bk L arnd M comm pvt full RF, rec R cont pvt, sd & bk L arnd M cont pvt/ {bchg} bk R w ball of ft ; rec L,

Note: For M 1½ turn, for W full turn.

He goes left,,,

M: QQ&Q [DHH WALL] {He goes L} Raise trl hnds fwd L comm ½ LF trn undr trl hnds, rel ld hnds sd & bk R cont trn jn ld hnds/ {bchg} bk L w ball of ft, rec R, [DHH COH]

W: QQ&Q *Fwd R comm ½ RF trn bhd M, rel ld hnds sd & bk L cont trn sld R hnd dwn M's L arm jn ld hnds/ {bchg} bk R w ball of ft, rec L,*

He goes right...

M: QQ&Q [DHH WALL] {He goes R} Raise ld hnds fwd L comm ½ RF trn undr ld hnds, rel trl hnds sd & bk R cont trn jn trl hnds/ {bchg} bk L w ball of ft, rec R, [DHH COH]

W: QQ&Q *Fwd R comm ½ LF trn bhd M, rel trl hnds sd & bk L cont trn sld L hnd dwn M's R arm jn trl hnds/ {bchg} bk R w ball of ft, rec L,*

Man's underarm turn to tamara...

M: QQ&Q [DHH WALL] {M's undrm trn to TAMP} Fwd & xif L comm ½ RF trn undr trl hnds, sd & bk R cont trn ld hnd on bk/ {bchg} bk L w ball of ft, rec R, [M-TAMP COH]

W: QQ&Q *Fwd R comm ½ LF trn, sd & bk L cont trn/ {bchg} bk R w ball of ft, rec L,*

One hand exit...

From M's tamara position:

M: QQ&Q [M-TAMP WALL] {1 hnd exit} Rel ld hnds fwd L comm ½ RF trn, sd & bk R cont trn to fc W/ {bchg} bk L w ball of ft, rec R, [DHH COH]

W: QQ&Q *Fwd R comm ½ LF trn undr trl hnds, sd & bk L cont trn to fc M/ {bchg} bk R w ball of ft, rec L,*

From W's tamara position:

M: QQ&Q [W-TAMP WALL] {1 hnd exit} Rel trl hnds fwd L undr ld hnds comm ½ LF trn, sd & bk R cont trn to fc W/ {bchg} bk L w ball of ft, rec R, [DHH COH]

W: QQ&Q *Fwd R comm ½ RF trn, sd & bk L cont trn to fc M/ {bchg} bk R w ball of ft, rec L,*

Pivot...

M: QQ&Q [SCP WALL] {Pvt} Fwd & sd L trng ½ RF arnd W to CP, fwd R btw W's ft pvt ½ RF/ {bchg} bk L w ball of ft, rec R, [CP WALL]

W: QQ&Q *Fwd R btw M's ft, sd & bk L arnd M pvt ½ RF/ {bchg} bk R w ball of ft, rec L,*

Note: For M 1 full turn, for W ½ turn.

Right turning windmill...

M: QQ&Q [DHH WALL] {R trng windmill} Fwd L comm ½ RF trn pass W's R sd bring jnd hnds out swd with tiltg action [trl hnds dwn & ld hnds up], Xif R cont trn to fc W bring hnds in/ {bchg} bk L w ball of ft, rec R, [DHH COH]

W: QQ&Q *Fwd R comm ½ RF trn passg M's R sd bring jnd hnds out swd, bk L cont trn to fc M bring hnds in/ {bchg} bk R w ball of ft, rec L,*

Note: In contrast to R trng bas M is crossing in front on 2nd step.

Roll pass...

M: QQ&Q [DHH WALL] {Roll pass} Fwd L twd W's R sd comm ½ RF trn ldg W to trn LF rel hnds, bk R cont trn jn hnds/ {bchg} bk L w ball of ft, rec R, [DHH COH]

W: QQ&Q *Fwd R twd M's R sd comm ½ LF trn rel hnds, bk L cont trn jn hnds/ {bchg} bk R w ball of ft, rec L,*

She goes left...

M: QQ&Q [DHH WALL] {She goes L} Raise ld hnds fwd L comm ½ RF trn bhd W, rel trl hnds sd & bk R cont trn sld R hnd dwn W's L arm jn trl hnds/ {bchg} bk L w ball of ft, rec R, [DHH COH]

W: QQ&Q *Fwd R comm ½ LF trn undr ld hnds, rel trl hnds sd & bk L cont trn jn trl hnds/ {bchg} bk R w ball of ft, rec L,*

She goes right...

M: QQ&Q [DHH WALL] {She goes R} Raise trl hnds fwd L comm ½ LF trn bhd W, rel ld hnds sd & bk R cont trn sld L hnd dwn W's R arm jn ld hnds/ {bchg} bk L w ball of ft, rec R, [DHH COH]

W: QQ&Q *Fwd R comm ½ RF trn undr trl hnds, rel ld hnds sd & bk L cont trn jn ld hnds/ {bchg} bk R w ball of ft, rec L,*

Slide back to back...

From back to back position, partner to left:

M: QQ&Q [BK-BK WALL ptr to L] {Sld bk-bk} Diag fwd & sd L comm ¼ RF trn, diag bk & xib R cont trn look R at W/ {bchg} bk L w ball of ft, rec R, [BK-BK COH ptr to R]

W: QQ&Q *Diag fwd & xif R comm ¼ RF trn, diag bk & sd L cont trn look R at M/ {bchg} bk R w ball of ft, rec L,*

From back to back position, partner to right:

- M: QQ&Q [BK-BK COH ptr to R] {Sld bk-bk} Diag fwd & xif L comm ¼ LF trn, diag bk & sd R cont trn look L at W/ {bchg} bk L w ball of ft, rec R, [BK-BK WALL ptr to L]
- W: QQ&Q *Diag fwd & sd R comm ¼ LF trn, diag bk & xib L cont trn look L at M/ {bchg} bk R w ball of ft, rec L,*
- Note: “Bk-bk swprt ~ Slide bk-bk 2x ~ Bk-bk swprt” may be cued as “Bk-bk swprts w 2 slds”.

Underarm turn to tamara,..

- M: QQ&Q [DHH WALL] {Undrm trn to TAMP} Fwd L comm ½ LF trn ldg W to trn RF undr ld hnds, sd & bk R cont trn/ {bchg} bk L w ball of ft, rec R, [W-TAMP COH]
- W: QQ&Q *Sd & fwd R comm ½ RF trn undr ld hnds, sd & bk L cont trn trl hnd on bk/ {bchg} bk R w ball of ft, rec L,*

Unwrap,..

From M's tamara position:

- M: QQ&Q [M-TAMP WALL] {Unwrp} Fwd L comm ½ LF trn undr trl hnds, sd & bk R cont trn to fc W/ {bchg} bk L w ball of ft, rec R, [DHH COH]
- W: QQ&Q *Fwd R comm ½ RF trn, sd & bk L cont trn to fc M/ {bchg} bk R w ball of ft, rec L,*

From W's tamara position:

- M: QQ&Q [W-TAMP WALL] {Unwrp} Fwd L comm ½ RF trn ldg W to trn LF undr ld hnds, sd & bk R cont trn to fc W/ {bchg} bk L w ball of ft, rec R, [DHH COH]
- W: QQ&Q *Fwd R comm ½ LF trn undr ld hnds, sd & bk L cont trn to fc M/ {bchg} bk R w ball of ft, rec L,*

From wrapped position:

- M: QQ&Q [WRP WALL] {Unwrp} Fwd L ldg W to trn RF undr ld hnds, bk R/ {bchg} bk L w ball of ft, rec R, [DHH WALL]
- W: QQ&Q *Fwd R in frnt of M comm ½ RF trn undr ld hnds, bk L cont trn/ {bchg} bk R w ball of ft, rec L,*

Wheel,..

- M: QQ&Q [WRP WALL] {Whl} Fwd L comm ½ RF trn, fwd R cont trn/ {bchg} sip L w ball of ft, rec R, [WRP COH]
- W: QQ&Q *Bk R comm ½ RF trn, bk L cont trn/ {bchg} sip R w ball of ft, rec L,*
- Note: Figure may turn up to ¾.

Wrap,..

- M: QQ&Q [DHH WALL] {Wrp} Fwd L ldg W to trn LF undr ld hnds, bk R/ {bchg} bk L w ball of ft, rec R, [WRP WALL]
- W: QQ&Q *Fwd R twd M's R sd comm ½ LF trn undr ld hnds, bk L cont trn to M's R sd/ {bchg} bk R w ball of ft, rec L,*

Preceding wheel:

- M: QQ&Q [DHH WALL] {Wrp} Fwd L comm ½ RF trn ldg W to trn LF undr ld hnds, fwd R cont trn/ {bchg} sip L w ball of ft, rec R, [WRP COH]
- W: QQ&Q *Fwd R twd M's R sd trng ¼ LF undr ld hnds, bk L trng ¼ RF/ {bchg} sip R w ball of ft, rec L,*

Proposed Phase V

Change places left to right double spin,..

- M: QQ&Q [DHH WALL] {Chg L-R dbl spn} Rel trl hnds fwd & sd L comm ½ RF trn, bk R cont trn jn trl hnds/ {bchg} bk L w ball of ft, rec R, [DHH COH]
- W: &Q&Q&Q *.../ fwd & acrs R comm 1½ LF spn undr ld hnds; Sip L cont spn/ sip R cont spn, sip L cont spn to fc M/ {bchg} bk R w ball of ft, rec L,*

- Note: May be done with more than 2 spins (on additional counts). In this case M does not take steps, but stands with weight on both feet. On last step of spin M lowers lead hand indicating W to stop spinning & both continue with ball change.

Face loop exit,..

- M: QQ&Q [SHH WALL] {Fc loop exit} Cl L comm ¼ LF trn ldg W to trn RF undr R hnds, sd & bk R cont trn ldg W to cont trn undr L hnds bring L hnds ovr hd to L shldr bring R hnds ovr W's hd to W's R shldr/ {bchg} bk L w ball of ft, rec R, [SD-SD LOD]
- W: QQ&Q *Sd R comm 1¼ RF trn undr R hnds, cl L cont trn undr L hnds besd M/ {bchg} bk R w ball of ft, rec L,*

Flirt,,,

From stacked handhold:

- M: QQ&Q [SHH WALL] {Flirt} Cl L comm ¼ LF trn ldg W to trn RF undr R hnds, sd & bk R cont trn arnd W ldg W to cont trn undr L hnds/ {bchg} bk L w ball of ft, rec R, [LSHH LOD]
W: QQ&Q *Sd R comm ¾ RF trn undr R hnds, cl L cont trn undr L hnds to fc M/ {bchg} bk R w ball of ft, rec L,*

From left stacked handhold:

- M: QQ&Q [LSHH LOD] {Flirt} Sd L comm ¼ RF trn arnd W ldg W to trn LF undr L hnds, cl R cont trn ldg W to cont trn undr R hnds/ {bchg} bk L w ball of ft, rec R, [SHH WALL]
W: QQ&Q *Xif R comm ¾ LF trn undr L hnds, sd & bk L cont trn undr R hnds to fc M/ {bchg} bk R w ball of ft, rec L,*

Lady dive back,,,

- M: QQ&Q [WRP WALL] {W dive bk} Raise R elbow fwd L comm ½ RF trn ldg W to dive bwd undr trl hnds, sd & bk R cont trn to fc W/ {bchg} bk L w ball of ft, rec R, [XHH COH]
W: QQ&Q *Bk R dive bwd undr trl hnds, bk L/ {bchg} bk R w ball of ft, rec L,*

Man's flirt,,,

From stacked handhold:

- M: QQ&Q [SHH WALL] {M's flirt} Xif L comm ¾ RF trn undr R hnds, sd & bk R cont trn undr L hnds to fc W/ {bchg} bk L w ball of ft, rec R, [LSHH LOD]
W: QQ&Q *Sd R comm ¼ LF trn arnd M, cl R cont trn/ {bchg} bk R w ball of ft, rec L,*

From left stacked handhold:

- M: QQ&Q [LSHH LOD] {M's flirt} Sd L comm ¾ LF trn undr L hnds, cl R cont trn undr R hnds to fc W/ {bchg} bk L w ball of ft, rec R, [SHH WALL]
W: QQ&Q *Cl R comm ¼ RF trn, sd & bk L cont trn arnd M/ {bchg} bk R w ball of ft, rec L,*

Maypole,,,

- M: QQ&Q [LXHH WALL] {Maypole} Raise ld hnds trl hnds wrpd arnd W's R elbow pull & rel R hnd sd L comm ¼ RF trn arnd W ldg W to spn LF undr ld hnds hnds, cl R cont trn ldg W to cont trn jn trl hnds/ {bchg} bk L w ball of ft, rec R, [DHH RLOD]
W: QQ&Q *Bring ld forearm vertical up fwd & acrs R comm 1¾ LF spn undr ld hnds, sip L cont spn to fc M/ {bchg} bk R w ball of ft, rec L,*

Note: May be done with more than 2 spins (on additional counts). In this case M does not take steps, but stands with weight on both feet. On last step of spin M lowers lead hand indicating W to stop spinning & both continue with ball change.

Miami roll,,,

- M: QQ&Q [OP LOD] {Miami roll} Fwd L comm 1½ RF trn twd W to mom BK-BK, sd R cont trn to LOP/ {bchg} bk L w ball of ft, rec R, [LOP RLOD]
W: QQ&Q *Fwd R comm 1½ LF trn twd M, sd L cont trn/ {bchg} bk R w ball of ft, rec L,*
Note: May also start in ½OP or SCP. May also start in LOP or L½OP to turn in other direction.

Neck slide exit,,,

- M: QQ&Q [SHH/LSHH/XHH/LXHH WALL] {Neck sld exit} Fwd L bring hnds bhd M's neck elbows out swd, bk R rel hnds W's hnds sldg dwn M's arms jn hnds/ {bchg} bk L w ball of ft, rec R, [DHH WALL]
W: QQ&Q *Fwd R bring hnds bhd M's neck elbows out swd, bk L rel hnds sldg dwn M's arms/ {bchg} bk R w ball of ft, rec L,*

Rewrap,,,

From W's tamara position:

- M: QQ&Q [W-TAMP WALL] {Rewrp} Fwd L comm ½ RF trn ldg W to trn LF undr ld hnds, fwd R cont trn/ {bchg} bk L w ball of ft, rec R, [WRP COH]
W: QQ&Q *Fwd R comm full LF trn undr ld hnds, bk L cont trn to M's R sd/ {bchg} bk R w ball of ft, rec L,*

From wrapped position:

- M: QQ&Q [WRP WALL] {Rewrp} Fwd L comm ½ RF trn ldg W to trn RF undr ld hnds, fwd R cont trn/ {bchg} bk L w ball of ft, rec R, [W-TAMP COH]
W: QQ&Q *Bk R comm full RF trn undr ld hnds, bk L cont trn trl hnd on bk/ {bchg} bk R w ball of ft, rec L,*

Roll in & stay;,,

- M: Q -- [OP WALL] {Roll in} Sd L leave R ft ext to sd put wgt on bth ft ldg W to trn LF, put R hnd on W's
- Q&Q bk ldg W to cont trn, jn ld hnds to mom CP & trn R hip twd W to RSCP ld hnds raised vertical
up, {Stay} -; Xfer wgt to R ldg W to CP/ {bchg} bk L w ball of ft, rec R, [CP WALL]
- W: QQQ Xif R comm 1½ RF trn into M's R arm, sd L cont trn plc L hnd on M's R shldr, sm fwd R btw M's
- Q&Q ft swvl LF to mom RSCP & lift L knee, -; Swvl RF sd & bk L in frnt of M/ {bchg} bk R w ball of ft,
rec L,

Rolling in the arm;,,

- M: QQ&Q [OP WALL] {Rollg in the arm} Sd L ldg W to trn LF, cl R ldg W to cont trn jn ld hnds in frnt of W/
{bchg} bk L w ball of ft, rec R, [WRP WALL]
- W: QQ&Q Xif R comm full LF trn wrpg into M's R arm, sd L cont trn to M's R sd/ {bchg} sd R w ball of ft,
rec L,

Rolling off the arm;,,

- M: QQ&Q [WRP WALL] {Rollg off the arm} Rel ld hnds sd L, cl R/ {bchg} sd L w ball of ft, rec R, [OP
WALL]
- W: QQ&Q Sd R comm full RF trn, sd L cont trn besd M/ {bchg} sd R w ball of ft, rec L,

Shawl [Reverse wrap];,,

- M: QQ&Q [DHH WALL] {Shawl} Raise trl hnds fwd L twd W's R sd ldg W to trn RF undr trl hnds, bk R plc
trl hnds on W's R shldr/ {bchg} bk L w ball of ft, rec R, [REV-WRP WALL]
- W: QQ&Q Fwd R comm ½ RF trn undr trl hnds, bk L cont trn to M's R sd/ {bchg} bk R w ball of ft, rec L,

She go he go;,,

- M: QQ&Q [DHH WALL] {She go he go} Rel trl hnds fwd L twd W's R sd ldg W to trn LF undr ld hnds, sd &
bk R trn ½ LF undr ld hnds jn trl hnds/ {bchg} bk L w ball of ft, rec R, [DHH COH]
- W: QQ&Q Fwd R twd M's R sd trn ½ LF undr ld hnds, sd & bk L/ {bchg} bk R w ball of ft, rec L,

Unwrap;,,

From reverse wrapped position:

- M: QQ&Q [REV-WRP WALL] {Unwrp} Fwd L ldg W to trn RF undr trl hnds, bk R ldg W to cont trn undr ld
hnds/ {bchg} bk L w ball of ft, rec R, [LXHH WALL]
- W: QQ&Q Fwd R in frnt of M comm ½ RF trn undr trl hnds, bk L cont trn undr ld hnds/ {bchg} bk R w ball of
ft, rec L,

Varsouvienne carre;;;

- M: QQ&Q [RHS WALL] {VARs carre} Cl L comm ¼ LF trn raisg R hnds, sd & bk R cont trn jn L hnds to
QQ&Q VARS/ {bchg} bk L w ball of ft, rec R, [VARS LOD] {Chg sds to LVARs} Sm xif L chg sds bhd
QQ&Q W; sd R/ {bchg} bk L w ball of ft, rec R, [LVARs LOD] {Chg sds to VARS} Fwd L comm ½ LF
QQ&Q trn, sm bk R cont trn/ {bchg} bk L w ball of ft; rec R, [VARS RLOD] {Undrm trn} Raise bth hnds
cl L comm ¼ LF trn, sd & bk R cont trn/ {bchg} bk L w ball of ft, rec R; [LSHH WALL]
- W: QQ&Q Fwd R comm ¾ LF trn, cl L cont trn besd M/ {bchg} bk R w ball of ft, rec L, Xif R chg sds in frnt
QQ&Q of M; sd L/ {bchg} bk R w ball of ft, rec L, Fwd R comm ½ LF trn, cl L cont trn/ {bchg} bk R w bal
QQ&Q of ft; rec L, Sd & fwd R comm ¼ RF trn undr L hnds, sd & bk L cont trn/ {bchg} bk R w ball of ft,
QQ&Q rec L;

Proposed Phase VI

Roll in & drop down;,,

- M: Q -- [OP WALL] {Roll in} Sd L leave R ft ext to sd put wgt on bth ft ldg W to trn LF, put R hnd on W's
- Q&Q bk ldg W to cont trn, jn ld hnds to mom CP & trn R hip twd W, {Drop dwn} Lower into knees
keep upper bdy bwd; raise & xfer wgt to R ldg W to CP/ {bchg} bk L w ball of ft, rec R, [CP
WALL]
- W: QQQ Xif R comm 1½ RF trn into M's R arm, sd L cont trn plc L hnd on M's R shldr, sm fwd R btw M's
- Q&Q ft swvl LF bring R shldr twd M, Trn bdy ¼ LF on R ft ext L ft fwd & lean bk; swvl ¼ RF sd & bk L
in frnt of M/ {bchg} bk R w ball of ft, rec L,

Explosion line;,,

- M: - [OP WALL] {Explosion ln} Wgt on bth ft ldg W to trn LF -, mom jn ld hnds sm fwd L comm ½ LF
QQ&Q trn bhd W, rel ld hnds sd & bk R cont trn/ {sd bchg} sd L w ball of ft, rec R; [OP COH]
- W: Q& Xif R comm 1¼ LF trn wrpg into M's R arm/ sd L cont trn endg w L shldr twd M, fwd R comm ¾
QQ&Q RF trn undr ld hnds, sd & bk L cont trn unwrpg to M's R sd/ {bchg} bk R w ball of ft, rec L;

Man's wrap & dive;,,

- M: QQ&Q [RHS WALL] {M's wrp} Fwd L comm $\frac{3}{4}$ LF trn wrpg into R arm, sip R cont trn/ {bchg} bk L w ball of ft, rec R, [L shldr twd W R hnds jnd at M's bk] {Dive} Bend upper bdy at waist & duck undr W's R arm sd L comm $1\frac{1}{4}$ LF trn; chg hnds on bk to ld hnds sd & bk R cont trn to fc W jn trl hnds / {bchg} bk L w ball of ft, rec R, [DHH WALL]
- W: QQ&Q Fwd R, bk L/ {bchg} bk R w ball of ft, rec L, Raise R arm sip R; sip R/ {bchg} bk R w ball of ft, QQ&Q rec L,

Tunnel;,,

- M: QQ&Q [HLK WALL - M's L hnd on bk, L-L & R-R hnds jnd] {Tunnel} Raise R elbow diag fwd & acrs L ldg W undr R arms, raise L elbow diag bk & bhd R ldg W bwd undr L arms/ {bchg} bk L w ball of ft, rec R, [DHH WALL]
- W: QQ&Q Diag fwd & sd R dive undr R arms to end bhd M, diag bwd & sd L dive bwd undr L arms to end in frnt of M/ {bchg} bk R w ball of ft, rec L,