

Slow Two Step Figures and Sources for How to Dance Them

The following figures are those standardized by Roundalab on behalf of the round dance movement. There are variations of these figures as well as unphased figures which are found in many dances.		
Roundalab Standard Figures		
Phase 3		
Basic Basic Ending Lunge Basic	Open Basic Reverse Underarm Turn Side Basic	Traveling Chasse' Twisty Basic Underarm Turn
Phase 4		
Change Sides Underarm Inside Roll Left Turn w/Inside Roll Outside Roll	Right Turn w/Outside Roll Sweetheart Runs Sweetheart Wrap	Switch The Square Traveling Cross Chasse'
Phase 5		
Arm to Arm Passing Cross Chasse'	Traveling Right Turn Traveling Right Turn w/ Outside Roll	Triple Traveler
Phase 6		
Pull Pass		

Roundalab.org, defining figures on behalf of the round dance movement, offers subscriptions to [Manuals](#) (defining figures) and to [Videos](#) of each figure.

ICBDA.com provides to [members](#) a Technical Advisory Committee (TAC) manual with information about the more advanced figures (4-6) and has past convention clinic videos for sale.

Clinic Notes from ICBDA Conventions (*Slow Two Step*)

ICBDA [members](#) also may freely download the following articles located on left-hand menu of **ICBDA member home** page under "**Past Convention Syllabus.**" Select the convention year and scroll to the page number.

Slow Two-Step

<u>Year: Page</u>	<u>Presenter/s</u>	<u>Title</u>
2022: 31-33	John & Karen Herr	"Slow Two Step Introduction - Phase 3/4 Hall"
2019: 38	Paul & Linda Robinson	"Slow Two-Step"
2016: 35-36	John & Karen Herr	"Slow Two-Step Notes"
2008: 60-63	Richard E. Lamberty	"An Introduction to Slow Two Step (Nightclub)"
2000: 47	Mike & Toni Auriene	"Clinic Notes on Nite-Club 2-Step"
1999: 50	Mike & Toni Auriene	"Nite Club 2-Step"
1992: 36	Bill & Carol Goss	"Slow Two-Step Clinic Notes"