

Foxtrot – October 2007

Man's steps described. Lady's normal opposite. Commence facing diagonal to centre

Bar	Description	Comments	Count
1	Feather	Moving DC	SQQ
2	Reverse turn		SQQ
3	Feather finish	Moving DW	SQQ
4	Zig-zag	Turning L and travelling DW, LF fwd, RF side, LF back in CBMP, partner outside (PO). Turning R, RF to side preparing to step outside partner (OP),	QQQQ
5	Swivels	LF fwd OP, along LOD, swivelling ¼ L, closing RF to LF without weight (w/w). RF fwd OP, to centre, swivelling ¼ R, closing LF to RF w/w	S& S&
6	Swivel	LF fwd OP, along LOD, swivelling ¼ L, closing RF to LF without weight (w/w)	S&
6-7	Feather	First step taken OP, moving DC	SQQ
7-8	Checked reverse	LF fwd turning L, RF side checking the turn, replace to LF facing LOD, with strong body turn to R (Lady RF back, close LF to RF, heel turn, RF fwd small step, pivoting to R on ball of foot)	SQQ
9-10	Curved feather	Curve strongly to R, end RF fwd OP diagonal to wall against LOD	SQQ
10-11	Weave ending	LF back in CBMP DC, PO. RF back R side leading, LF back in CBMP, PO. RF back, LF to side turning L, RF fwd OP DW	QQQQQQ
Continue LF fwd into 3-step, or Change of Direction, or any suitable figure			

These notes are merely an aide-memoire for those attending the workshop, not a complete description of the figures taught.