

## GENERAL:

The music is written in 4/4 time, i.e. 4 beats to a measure.

Timing is most often SQQ with 3 steps taken over 4 beats of music. However many foxtrot figures use different timing and often bridge measures.

## TECHNIQUE:

Body is 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 slightly lowering action throughout the leg of the weighted foot to create a heel lead with the moving foot.

## FOXTROT INTERMEDIATE FIGURES

Back Whisk	Left Whisk
Chair & Slip	Natural Hover Fallaway
Change of Direction	Natural Turn
Closed Impetus	Half Natural Turn
Closed Wing	Open Natural
Cross Pivot	Outside Change to BJO
Cross Swivel	Outside Change to SCP
Develope	Outside Swivel
Drag Hesitation	Promenade Sway
Feather	Reverse Fallaway
Feather Finish	Slow Side Lock
Hesitation Change	Telemark to BJO
Hover Corte	Three Step
Hover Telemark	Weave to BJO
	Weave to SCP

### BACK WHISK;

M: Bk L,-, Bk & Sd R, XLIB;  
W: Fwd R,-, Fwd & Sd L, XRIB;

### CHAIR & SLIP;

M: Lunge thru R,-, Rec L, slip R behind L;  
W: Lunge thru L,-, Rec R, swivel LF Fwd L;

### CHANGE OF DIRECTION;

M: Fwd L,-, Fwd R turning LF, Draw L, brush;  
W: Bk R,-, Bk L turning LF, Draw R, brush;

### CLOSED IMPETUS;

M: Bk L turning RF,-, Cl R heel turn, Sd & Bk CP;  
W: Fwd R between M's feet pivot 1/2 RF,-, Sd & Fwd, Fwd R between M's feet CP;

### CLOSED WING;

M: Fwd R,-, draw L to R upper body turn, Tch R;  
W: Bk L,-, Sd in front of M, Fwd L SCAR;

### CROSS PIVOT;

M: Fwd R in front of W turning RF,-, Sd L Turning, Fwd R SCAR;  
W: Fwd L Turning RF,-, Fwd R betw M's feet pivot 1/2, Sd & Bk L SCAR;

### CROSS SWIVEL;

M: Fwd L swiveling LF, -, point R LOD, check Fwd R toward RLOD CBJO;  
W: Bk R swiveling LF,-, point L LOD, check Bk L RLOD CBJO;

### DEVELOPE;

M: Fwd L outside partner check,-,-,-;  
W: Bk R,-, bring L up R leg to outside of R knee, extend L foot Fwd,-; Note: Extend either foot

### DRAG HESITATION;

M: Fwd L,-, beginning LF turn R, Draw L CBJO;  
W: Bk R,-, turn LF Sd L, Draw R CBJO;

### FEATHER;

M: Fwd R,-, Fwd L, Fwd R CBJO;  
W: Fwd turning LF,-, Sd & Bk R CBJO, Bk L;

### FEATHER FINISH;

M: Bk R turn LF,-, Sd & Fwd L, Bk R CBJO;  
W: Fwd L turn LF,-, Sd & Bk R, XIB L CBJO;

### HESITATION CHANGE;

M: Bk L turning RF,-, Sd R, Draw L;  
W: Fwd R turning RF,-, Sd L, Draw R;

### HOVER CORTE;

M: Bk R turning LF,-, Sd & Fwd L rising, Rec R CBJO;  
W: Fwd L turning LF,-, Sd & Fwd R rising, Rec L CBJO;

### HOVER TELEMAR;

M: Fwd L,-, diagonal Sd & Fwd R rising body turns 1/8- 1/4 RF, Fwd L small step SCP;  
W: Bk R,-, diagonal Sd & Bk L rising body turns 1/8-1/4 RF, Fwd R small step SCP;

**LEFT WHISK;**

M: Thru R SCP,-, Sd &amp; Fwd L, XRIB;

W: Thru L,-, Sd &amp; Bk R, XLIB;

**NATURAL HOVER FALLAWAY;**

M: Fwd R slight body turn,-, Fwd L slow rise, Rec Bk R;

W: Fwd L slight body turn,-, Fwd R slow rise, Rec Bk L;

**NATURAL TURN;;**

M: Fwd R heel toe turn RF,-,Sd L across LOD, Bk R: Bk L Turn RF,-,Sd R, Fwd L;

W: Bk L turn RF,-, CI R [heel turn], Fwd L; Fwd R heel toe turn RF,-, Sd L across LOD, Bk R;

**HALF NATURAL TURN;**

M: Fwd R heel toe turn RF,-, Sd L across LOD, Bk R;

W: Bk L turn RF,-, CI R [heel turn], Fwd L;

**OPEN NATURAL TURN;**

M: Fwd R heel toe turn RF,-, Sd L across LOD, Bk R CBJO;

W: Bk L turn RF,-, CI R [heel turn], Fwd L CBJO;

**OUTSIDE CHANGE to BJO;**

M: Bk L,-, Bk R turn LF, Sd &amp; Fwd CBJO;

W: Fwd R,-, Fwd L turn LF, Sd &amp; Bk R CBJO;

**OUTSIDE CHANGE to SCP;**

M: Bk L,-, Bk R turn LF, Sd &amp; Fwd L SCP;

W: Fwd R,-, Fwd L turn LF, Sd &amp; Fwd R SCP;

**OUTSIDE SWIVEL;**

M: BJO BK L,-, XRIF no weight,-;

W: BJO Fwd R,-, Swivel RF SCP;

**PROMENADE SWAY;**

M: Sd &amp; Fwd L turn SCP stretching body upward looking over hands,-, relax L knee;

W: Sd &amp; Fwd R turn SCP stretch,-, relax R knee;

**REVERSE FALLAWAY;**

M: Fwd L turn LF,-, Sd R, XLIB;

W: Bk R turn LF,-, Sd L, XRIB;

**SLOW SIDE LOCK;**

M: Thru R,-, Sd &amp; Fwd L CP, XRIB turn slightly LF;

W: Thru L turn LF,-, Sd and Bk R turn to CP, XLIF;

**TELEMARK TO BJO;**

M: Fwd L,-, fwd and Sd R around W turn LF, step Fwd &amp; SD L tight BJO;

W: Bk R turning LF bring L to R no weight,-, turn LF on R heel &amp; change weight to L, step Sd &amp; slightly Fwd R end tight BJO;

**THREE STEP;**

M: Fwd L, -, R, L passing steps;

W: Starting with R, three passing steps;

**WEAVE to BJO;;**

M: Fwd R,-, Fwd L turn LF CP, Sd &amp; Bk R; Bk L CBJO,-, Bk R turn LF CP, Sd &amp; Fwd L CBJO;

W: Fwd L,-,Sd &amp; Bk R CP, turn LF L LOD; Fwd R CBJO,-, Fwd L turn LF CP, Sd &amp; Bk R CBJO;

**WEAVE TO SEMI;;**

M: Fwd R,-, Fwd L turn LF CP, Sd &amp; Bk R, Bk L CBJO,-, Bk R turn LF CP, Sd &amp; Fwd SCP;

W: Fwd L, -, Sd &amp; Bk R CP, turn LF L LOD; Fwd R CBJO, -, Fwd L turn LF CP, Sd &amp; Fwd R SCP;

ABBREVIATIONS

Fwd: Forward

LOD: Line Of Dance

Bk: Back

RLOD: Reverse Line Of Dance

Sd: Side

DLW: Diagonal LOD &amp; Wall

Cl: Close

OP: Open Position

M: Man

CP: Closed Position

W: Woman

BJO: Banjo Position

L(R): Left (Right)

CBJO: Contra Banjo Position

LF(RF): L (R) Face

SCP: Semiclosed Position

Tch: Touch

SCAR: Sidecar Position

Rec: Recover

XL(R)IB: Cross Left (Right) in Back

XL(R)IF: Cross Left (Right) in Front

; Semicolon indicated end of a measure

, Comma divides a measure into counts

- Dash indicates a hold count