

FOXTROT

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 INTRODUCTORY BASICS

Box	Forward Run 2	Lunge	Right turns
Box Finish	Hover	Maneuver	Side Touch 2
Diamond Turn	Left Turns	Pickup	Spin Turn
Dip and Recover	Left Turning Box	Progressive Box	Twinkle

BOX;;

M: Fwd L, -, Sd R, Cl L; Bk R, -, Sd L, Cl R; W: Bk R, -, Sd L, Cl R; Fwd L, -, Sd R, Cl L;

BOX FINISH;

M: Bk R, -, Sd L, Cl R; W: Fwd L, -, Sd R, Cl L;

DIAMOND TURN;;; (Done in BJO position)

M: Fwd L, -, Sd R, Bk L; Bk R, -, Sd L, Fwd R; Fwd L, -, Sd R, Bk L; Bk R, -, Sd L, Fwd R;
W: Bk R, -, Sd L, Fwd R; Fwd L, -, Sd R, Bk L; Bk R, -, Sd L, Fwd R; Fwd L, -, Sd R, Bk L;

DIP and RECOVER;

M: Bk L (lower), -, Rec R, -; W: Fwd R (lower), -, Rec L, -;

FORWARD RUN 2;

M: Fwd L, -, Fwd R, Fwd L; W: Bk R, -, Bk L, Bk R; (can start with either foot)

HOVER;

M: Fwd L, -, Fwd & Sd R (rising), Rec L (SCP); W: Bk R, -, Bk & Sd L (rising), Rec R (SCP);

LEFT TURNS;;

M: Fwd L (turning LF), -, Sd R (turning LF), Cl L; Bk R (turning LF), -, Sd L (turning LF), Cl R;
W: Bk R (turning LF), -, Sd L (turning LF), Cl R; Fwd L (turning LF), -, Sd R (turning LF), Cl L;
(3/4 to full turn over 2 meas.)

LEFT TURNING BOX;;;

M: Fwd L (turn 1/4 LF), -, Sd R, Cl L; Bk R (turn 1/4 LF), -, Sd L, Cl R;
Fwd L (turn 1/4 LF), -, Sd R, Cl L; Bk R (turn 1/4 LF), -, Sd L, Cl R;
W: Bk R (turn 1/4 LF), -, Sd L, Cl R; Fwd L (turn 1/4 LF), -, Sd R, Cl L;
Bk R (turn 1/4 LF), -, Sd L, Cl R; Fwd L (turn 1/4 LF), -, Sd R, Cl L;

LUNGE

A 1 count figure stepping Fwd, Bk or Sd, bending knee & checking motion.

MANEUVER;

M: Fwd R (turn RF), -, Sd L (turn RF-face RLOD), Cl R; W: Bk L (turn RF), -, Sd R (turn RF), Cl L;

PICKUP;

M: Fwd R, -, Sd L, Cl R; W: Fwd L (Turning 1/2 LF to CP), -, Sd R, Cl L; (Sometimes cued "Pickup Side Close")

PROGRESSIVE BOX;;

M: Fwd L, -, Sd R, Cl L; Fwd R, -, Sd L, Cl R; W: Bk R, -, Sd L, Cl R; Bk L, -, Sd R, Cl L;

RIGHT TURNS;;

M: Bk L (turning RF), -, Sd R (turning RF), Cl L; Fwd R (turning RF), -, Sd L (turning RF), Cl R;
W: Fwd R (turning RF), -, Sd L (turning RF), Cl R; Bk L (turning RF), -, Sd R (turning RF), Cl L; (3/4 to full turn over 2 meas.)

SIDE, TOUCH, SIDE, TOUCH;

M: Sd L, Tch R, Sd R, Tch L; W: Sd R, Tch L, Sd L, Tch R;

SPIN TURN;

M: Bk & Sd L (RF Pivot), -, Fwd & Rise R, Sd & Bk L; W: Fwd R (RF Pivot), -, Bk & Rise L, Sd & Fwd R;

TWINKLE;

Front Twinkle: CROSS IN FRONT, -, SD, CL;

Back Twinkle: CROSS IN BACK, -, SD, CL;

2 Prog Twinkles: M: Front Twinkle Twice;;(L,-,R,L;R,-,L,R;) (Progress Fwd) W: Back Twinkle Twice;;(R,-,L,R;L,-,R,L;)

2 Bk Prog Twinkles: M: Bk Twinkle Twice;;(L,-,R,L;R,-,L,R;) (Progress Bkwd) W: Front Twinkle Twice;;(R,-,L,R;L,-,R,L;)

ABBREVIATIONS

Fwd: Forward	LF (RF): L (R) Face	OP: Open Position
Bk: Back	Tch: Touch	SCP: Semi-closed Position
Sd: Side	Rec: Recover	BJO: Banjo Position
Cl: Close	LOD: Line Of Dance	SCAR: Sidecar Position
M: Man	RLOD: Reverse Line Of Dance	; Semicolon indicates end of a measure
W: Woman	DLW: Diagonal LOD & Wall	, Comma divides a measure into counts
L (R): Left (Right)	CP: Closed Position	- Dash indicates a hold count