

FOXTROT

1,2 3,4 5 6

Rhythm: 6 beats, slow slow quick quick**Alternate Rhythm:** 4 beats, slow quick quick

Both rhythms are often combined-use a box step to change rhythms.

Style: Foxtrot is a smooth dance with slows and quicks blending in an unbroken movement. The dancer is completely relaxed and controlled, with long walking steps taken from the hip, the ball of the foot just skimming the floor in a straight (not turned out) position.

1. **Foxtrot Walk or Forward Basic:** Start in closed ballroom position with follower slightly to the leaders R. The leader takes a long step forward on the L, brushing the inside of the R foot. Repeat on the R foot for counts 3 & 4. Step L foot to L side with a shorter step, close the R foot to the L foot. The follower does the opposite, stepping on the R foot with a long step back. Think, walk walk side close.

2. **Running Basic Foxtrot:** Leader moves only forward, Follower backward in straight moving steps in either rhythm. Try the variations using both Foxtrot rhythms.

3. **Parallel Walks:** Done in Banjo Position: Forward basic with leaders feet moving to L of follower, rather than walking through or opposite her feet. Follower step only backward, her feet to the L of her partners.

4. **Left Turn:** Leader steps forward on L foot, rocks back on R turning 1/4 to the L, step L to side and close with R foot. Follower does the opposite. Strong lead is needed bringing follower forward for rock step. Four Left Turns make a complete circle, 3 are used to begin Promenade, 1 to exit Promenade and return to Counter Clockwise (LOD-line of dance) position.

5. **Promenade:** Use 3 Left Turns so that leader faces the wall, follower faces into the circle. This is known as Side or Promenade position. Leader steps in LOD on L foot, follower on R. Cross through with inside leg, step side with outside leg to face partner, close step together. Think, slow slow quick quick; step, through side close.

6. **Promenade with Underarm Turn:** Start with 1 Promenade above, leader repeats Promenade but lifts L arm on count 6. On count 1, he gently guides follower under. Follower turns to R on first 2 slow steps of Promenade, (R, L making 360) then returns to R side L close finish to face partner and resume Promenade position.

7. **Promenade with Underarm Turn on QQ:** The couple begin Promenade, leader leads for turn on count 3, so that follower turns on R, L-QQ (counts 5 & 6). This is more difficult than #6. The follower can do continuous turns (#6 & #7) as well.

8. **Follower's Foxtrot Underarm Turn:** From 1 basic, the leader uses the running basic foxtrot, lifting his L arm on count 3 (2nd slow step) for follower to turn on QQ to her R. The leader must keep up with the follower-therefore the running basic without side steps. The follower does her R slow, L slow, and then turns in 2 steps, R, L to her R to quickly return to basic.

Four Count Rhythm Variations:

9. **Box Turns Left & Right:** Slow quick quick, 1/4 turns in 4 counts. Leader steps forward on L, R knee brushes L before R steps 1/4 turn (either R or L) to side. Close L foot to R. Leader steps back on R, steps L brushing knee to step side on L, close with R foot. Follower follows on opposite foot and direction. Think, step turn close, step turn close.

10. **Spirals, Serpentine or ladder:** Slow quick quick, series of 1/2 boxes with leader moving only forward, follower backward, like Parallel walks, but taking 1/8 turns on first step. Leader needs to end after a R foot box, to lead out of the spiral, step forward (don't cross turn) on L foot. Think, cross side close.

11. All your Waltz and Rumba steps work in this 4-count variety of Foxtrot. Keep the style of Foxtrot rather than lilt of waltz or Cuban motion of Rumba.