

The Foxtrot

The Time Signature:

4 / 4 Four beats to one bar

Tempo (bars per minute): 30

Accented Beat:

One & Three (One stronger)

***Counting in Beats : 1234, 1234,
1234 etc.***

Counting in Beats & Bars :

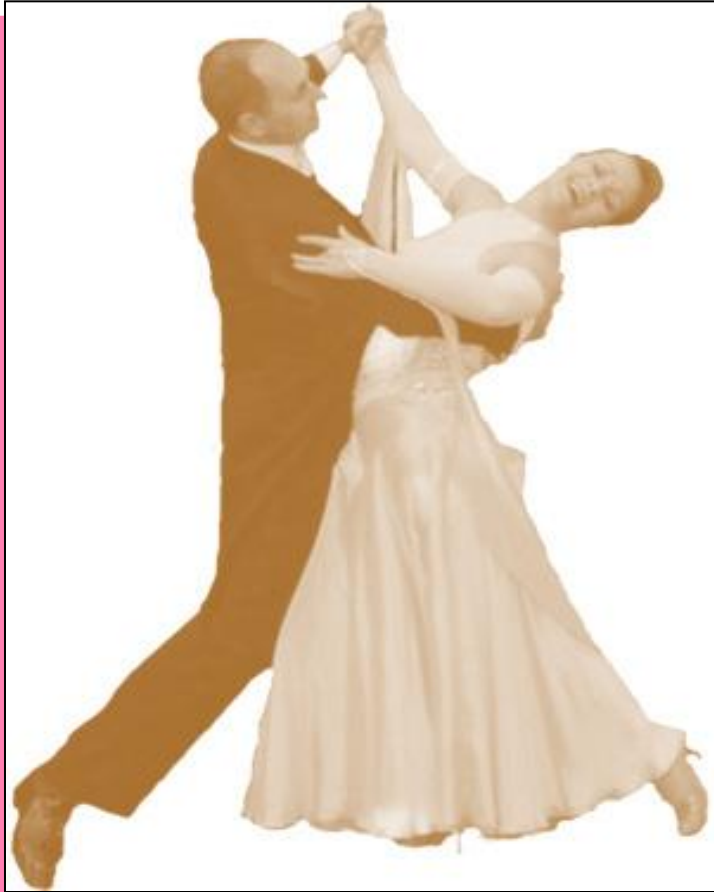
***Commence with first bar and then
accumulate : 1234, 2234, 3234 etc.***

***A slow count is equal to two beats.
A quick count is equal to 1 beat.***



***Suggested CD:
30 Top Foxtrots
(DLD 1094)***

The Foxtrot



Basic figures Covered:

Feather Step

Reverse Turn

Three Step

Natural Turn

Weave - V6 Turn

Foxtrot - Feather Step

(1) Feather Step - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Right (In Line)	S	HT	SFDTC	1
Forward Left (Prepare to Step Outside Partner)	Q	T	FDTC	2
Forward Right (Outside Partner)	Q	TH	FDTC	3

Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Left	S	TH	SBDTC	1
Back Right	Q	TH	BDTC	2
Back Left	Q	TH	BDTC	3

Foxtrot - Reverse Turn

(2) Reverse Turn - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Left	S	HT	SFDTC	4
Side Right	Q	T	TBDTW	5
Back Left	Q	TH	FBL0D	6

Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Right	S	TH	SBDTC	4
Close Left to Right (Heel Turn)	Q	HT	FFL0D	5
Forward Right	Q	TH	FFL0D	6

Foxtrot – Reverse Turn – (continued)

Leaders Steps	Timing	Footwork	Direction of Dance	Step
Back Right	S	THT	SBLOD	7
Side Left	Q	T	STDTW	8
Forward Right (Outside Partner)	Q	TH	FFDTW	9

Followers Steps	Timing	Footwork	Direction of Dance	Step
Forward Left	S	HT	SFLOD	7
Side Right	Q	TH	STBDTW	8
Back Left (Outside Partner)	Q	TH	FBDTW	9

The Steps – Foxtrot

Set 1 and 2 (Steps 1 to 9)

***Practice at least 20 minutes per
day for three days***

Foxtrot - Three Step

(3) Three Step - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Left (In Line)	S	H	SFDTW	10
Forward Right (In Line)	Q	HT	FDTW	11
Forward Left (In Line)	Q	TH	FFDTW	12

Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Right (In Line)	S	TH	SBDTW	10
Back Left (In Line)	Q	TH	BDTW	11
Back Right (In Line)	Q	TH	FBDTW	12

The Steps – Foxtrot

Set 3 (Steps 10 to 12)

***Practice at least 20 minutes per
day for three days***

Foxtrot -Natural Turn

(4) Natural Turn - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Right	S	HT	SFDTW	13
Side Left	Q	T	TBDTC	14
Back Right	Q	TH	FBL0D	15

Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Left	S	TH	SBDTW	13
Close Right (Heel Turn)	Q	HT	TFLOD	14
Forward Left	Q	TH	FFLOD	15

Foxtrot – Natural Turn – (Continued)

Leaders Steps	Timing	Footwork	Direction of Dance	Step
Back Left	S	TH	SBLOD	16
Side Right (Small Step) (Heel Pull)	S	H(IE-LF)	STDTC	17
Forward Left	S	HT	FFDTC	18

Followers Steps	Timing	Footwork	Direction of Dance	Step
Forward Right	S	HT	SFLOD	16
Side Left (Right Brushes Left)	S	TH (IE-RF)	STBDTC	17
Back Right (After Brushing Past Left)	S	T	FBDTC	18

The Steps – Foxtrot

Set 4 (Steps 13 to 18)

***Practice at least 20 minutes per
day for three days***

Foxtrot - Weave - V6 Turn

(5) Weave (V6) Turn - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Left	Q	T	SFDTC (against LOD)	19
Side Right (Turning)	Q	T	TBLOD	20
Back Left (Turning)	Q	T	FBLLOD	21

Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Right	Q	T	SBDTC (against LOD)	19
Side Left (Turning)	Q	T	Pointing DTC	20
Forward Right (Turning)	Q	T	FFDTC	21

Foxtrot – Weave – V6 Turn – (Continued)

Leaders Steps	Timing	Footwork	Direction of Dance	Step
Back Right (Turning)	Q	T	SBL0D	22
Side Left (Slightly Forward) (Turning)	Q	TH	TFDTC	23
Forward Right	S	HT	FFDTC	24

Followers Steps	Timing	Footwork	Direction of Dance	Step
Forward Left (Turning)	Q	T	SFLOD	22
Side Right (Turning)	Q	TH	TBDTC	23
Back Left	S	TH	FBDTC	24

The Steps – Foxtrot

Set 5 (Steps 19 to 24)

Practice at least 20 minutes per day for three days.

The Steps – Foxtrot

***Congratulations you are now in
command of the basic Foxtrot!***

***You can now start again from the
beginning.***