

THE FOXTROT

Eric Van der Weyden and Eva Keats

Music: Foxtrot 4/4 Tempo: 96

Hold: Foxtrot and Waltz Pattern: Set

Steps:

Hold	Steps	Man	Beats	Lady	Beats
Open	1	LFO	1	LFO	1
	2	RFI Cross chasse	1	RFI Cross chasse	1
	3	LFO	2	LFO	2
Closed	4A	Cross roll RFO Three to RBI	1 1	Cross roll RFO	4
	4B	LBO	2		
	5	RBO	2	Cross roll LFO Three to LBI	1 1
	6	LFO	1	RBO	1
	7	Run RFI	1	Run LBI	1
	8	LFO	2	RBO	2
	9	Cross roll RFO Three to RBI	1 1	Cross roll LBO	2
	10	LBO	2	RFO	2
	11A	RBO	1	LFO Closed Mohawk	2
	11B	Run LBI	1		1
Open	12	RBO	4	RBO	4
	13	LFI	2	LFI	2
	14	RFI	2	RFI	2

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Notes:

This dance is designed to be skated on deep edges and semi circular lobes.

In open position the partners should skate with their shoulders and hips close together.

In the sequence of steps 1, 2 and 3, step 2 is a cross chasse for both partners.

On step 4 the lady accents beat 3 with a knee bend corresponding to the man's on his step 4B.

Steps 4A and 9 for the man and steps 4 and 9 for the lady are started with cross rolls.

Step 5 is a front cross roll for the lady but not for the man, and partners should be directly opposite at this point.

Step 7 is a run for both partners.

At the end of step 8 the man should be towards the side of the lady for his cross RFO three turn (almost tango position) and waltz position is resumed by step 10.

The man's step 11B is a run. The man's steps 11A and 11B take place whilst the lady skates a two beat LFO into her closed mohawk. On the LFO the lady does not swing her free leg, but, after extending it behind, brings it up to her skating heel (keeping it well turned out) to place on the floor on beat 1 in the prescribed position for a closed mohawk.

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