

# THE OLYMPIC FOXTROT

Joan Preston

Music: Foxtrot 4/4                      Tempo:                      104

Hold: Kilian          Pattern:                      Preferred

Steps:

Hold	Steps	Man	Lady	Beats
Kilian	1	LFO	LFO	1
	2	RFI Run	RFI Run	1
	3	LFO	LFO	2
	4	Cross Roll RFO	Cross Roll RFO	2
	5	Cross Roll LFO	Cross Roll LFO	2
	6	Cross Roll RFO	Cross Roll RFO	4
		Swing leg through 3rd beat	Swing leg through 3rd beat	
	7	LFO	LFO	1
	8	Run RFI	Run RFI	1
	9	LFO	LFO	2
	10	RFI	RFI	2
	11	LFI	LFI	2
12	RFI Swing leg through on 3rd beat	RFI Swing leg through on 3rd beat	4	

Notes:

In this dance the steps are the same for lady and gentleman

Steps 1, 2 and 3 are a run sequence.

Steps 4, 5 and 6 are cross rolled edges which should be skated boldly.

Steps 7, 8 and 9                                  are a run sequence.

Steps 10, 11 and 12 which are inside edges and must be struck from  
the side.

Partners must stay close together and not part at the hips.

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