

# ROCKER FOXTROT

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Music: Foxtrot 4/4

Tempo: 104

Hold: Foxtrot

Pattern: Set

Steps:

| Hold    | Steps | Man                 | Lady              | Beats  |   |
|---------|-------|---------------------|-------------------|--------|---|
| Foxtrot | 1     | LFO                 | LFO               | 1      |   |
|         | 2     | X-B RFI             | X-B RFI           | 1      |   |
|         | 3     | LFO                 | LFO               | 1      |   |
|         | 4     | Run RFI             | Run RFI           | 1      |   |
|         | 5A    | LFO                 | LFO Swing Rocker  | 2      | 1 |
| Waltz   | 5B    | RFO                 | LBO               | 2      | 3 |
|         | 6     | LFO<br>Three to LBI | RBO               | 1<br>1 | 2 |
|         | 7A    | RBO                 | LFO               | 2      | 4 |
| Foxtrot | 7B    | LFO                 |                   | 2      |   |
|         | 8     | Cross roll RFO      | Cross roll RFO    | 2      |   |
|         | 9     | Run LFI             | Run LFI           | 2      |   |
|         | 10    | RFO                 | RFO               | 2      |   |
|         | 11    | LFO Closed Mohawk   | LFO Closed Mohawk | 2      |   |
|         | 12    | RBO                 | RBO               | 2      |   |
|         | 13    | X-FLBI              | X-FLBI            | 2      |   |
|         | 14    | RFI                 | RFI               | 2      |   |

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Notes:

The Rocker Foxtrot is a set pattern dance starting at the midline of the rink near one end and making three lobes to the barrier and two to the centre along the one side of the rink and repeating as the skaters cross the long axis at the other end.

One circuit of the rink requires two sequences of the dance.

Steps 1 to 4 are the same for the lady as for the man and consist of a cross chasse (step 2) followed by a run on step 4 skated in open position.

Step 5 for the lady is a four beat LFO rocker skated while the man skates a two beat LFO followed by a two beat RFO.

The rocker is executed with a swing of the free leg. The free leg must first move back and then swing forward on the second count or it may just quietly move forward.

The rocker is turned after the free foot has passed the skating foot and is extended forward and the timing of the turn should be on beat 2, but should be such that the sinking on to a softly bent knee afterwards will coincide exactly with the man's knee bend for his (5b) RFO edge taken on beat 3.

After the rocker, the lady's free leg may either be held behind (leading) as in a free style rocker, or may be swung forward (trailing) to match the man's free leg.

At the rocker turn the initial open (Foxtrot) position changes to closed (Waltz) position which is maintained until step 7b when the couple resumes open position for the remainder of the dance. The man does **not** cross roll for step 6 (LFO Three) and should be in position exactly opposite his partner at the beginning of this edge.

Steps 11 and 12 are outside mohawks for both partners and are turned without free leg swings. The free legs are first extended backwards and then drawn beside the heels of the skating feet well turned out and arriving exactly in time for the mohawks.

At this point caution should be taken for the man not to curve his LFO (step 11) too strongly and for the lady to curve hers at least equally to the man's so that she will be in a position beside the man and not even slightly in front of him which might lead to a bad fall.

Shoulders need to be well rotated to get into proper partner positions.

After the mohawk the partners do not check but continue in slow clockwise rotation through steps 12 and 13 so as to be travelling forward on step 14 and be ready for the repeat of the dance.

It is noted that both partners commence step 13 (LB I) crossed in front.

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