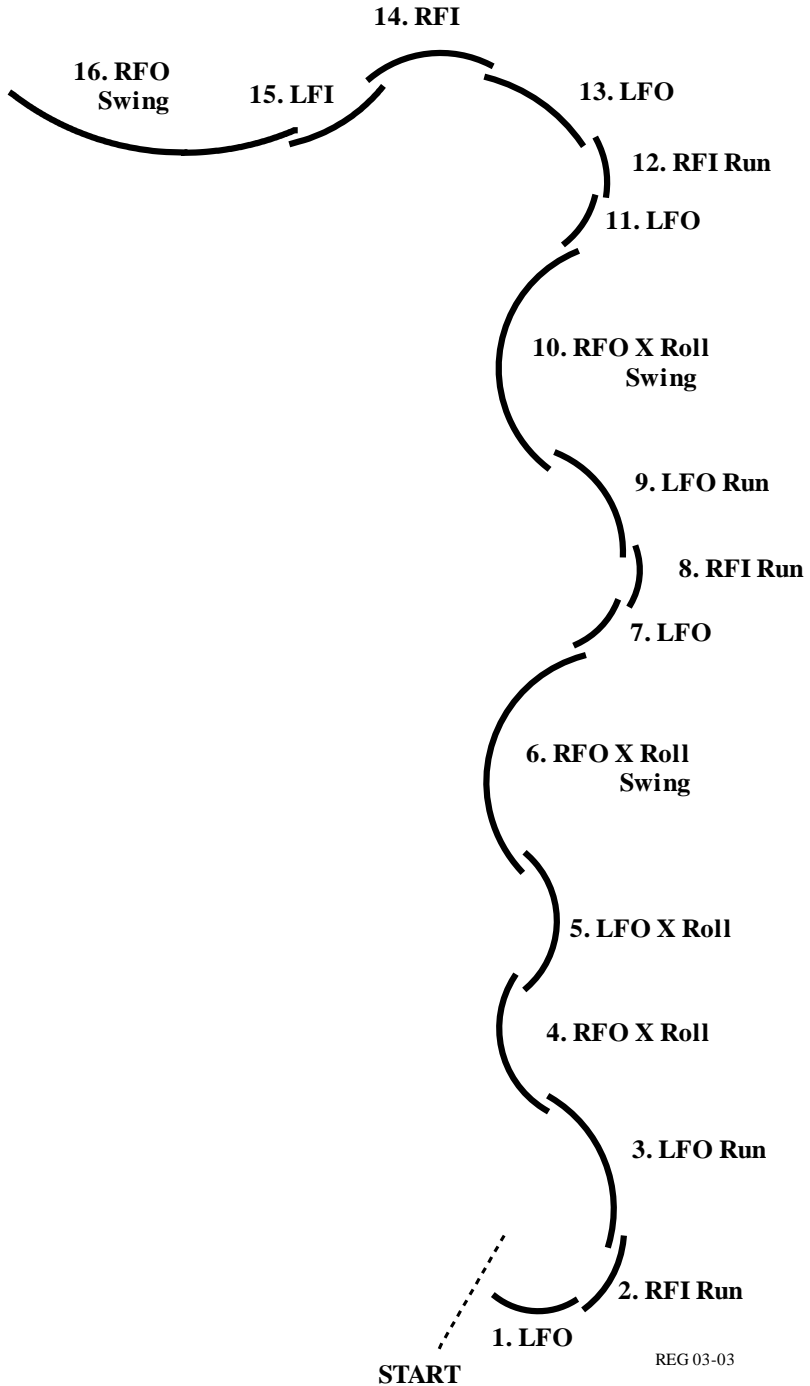


SWING FOXTROT



SWING FOXTROT

Music: Foxtrot 4/4

Pattern: Set

Hold Steps

Foxtrot

1	LFO Run	1
2	RFI Run	1
3	LFO Run	2
4	Cross Roll RFO	2
5	Cross Roll LFO	2
6	Cross Roll RFO Swing	4
7	LFO Run	1
8	RFI Run	1
9	LFO Run	2
10	Cross Roll RFO Swing	4
11	LFO Run	1
12	RFI Run	1
13	LFO Run	2
14	RFI	2
15	LFI	2
16	RFO Swing	4

SWING FOXTROT

Notes:

The Swing Foxtrot is a Set Pattern Dance.

It is danced throughout in Foxtrot position.

The dance starts at the end of the rink, with runs followed by two 2 beat cross rolls steps 4 and 5.

The cross rolls should be skated at a distance from the barrier to allow for the Cross Roll Swing (step 6) to be skated on a good outside edge towards the barrier.

This is followed by a run (step 7 and 8), followed by a two beat edge on step 9.

Step 10 is a Cross Roll Swing, followed by run steps 11, 12 and 13.

Steps 14 and 15 are good two beat inside edges struck from the inside of the employed foot, followed by step 16 which is a RFO four beat outside edge to end the dance.

On small rinks steps 11 to 14 are to be skated with deep edges and a small radius, in order to keep the pattern in the correct position.

Attention should be paid to steps 6 and 10, the Cross Roll Swing, where the free leg is swung through with a good stretched leg.