

## **Foxtrot**

- Basic – forward, forward, side, together (SSQQ)
- Rock Turn Left – forward, brush together, back right, side together
- Promenade – establish promenade on “side, together” of preceding basic, step side with L, cross with right, then end side together closed with partner
- Promenade with UAT – promenade, but instead of closing as go side together, ask for UAT, then finish with a second promenade, closing after the second (note: as a variation, can ask for UAT on SS to the side)
- Sway Step – start L, side together, side together, side together (first two have a lot of sway and cover considerable ground)
- Zig Zag in Line – basic of the quickstep done at foxtrot tempo
- Zig Zag Outside Partner – same as above, simply done outside partner
- Promenade Twist – from promenade, step left with L, cross R, do 270 degree pivot turn to left on QQ, end regular promenade
- Promenade Pivot – promenade, step left, with right step across lady and pivot right to face her, step back small, turn around facing wall, end with promenade
- Grapevine – SS forward DW, on side together face wall and move lady outside partner your left side, step slow backwards with L, proceed with 4 Q grapevines, end twinkle
- Box, Twinkle, Turning Twinkle, Fallaway Twinkle, Progressive Twinkle, and Open Twinkle – refer to waltz sheet for these steps because they are exactly the same, only at foxtrot tempo