

## Foxtrot Basic

		Man's		Ladies	
Phase	Time	Foot Details		Foot Details	
Basic	Slow	L	Forward	R	Back
	Slow	R	Forward	L	Back
	Quick	L	Side to Left	R	Side to Right
	Quick	R	Together	L	Together

## Foxtrot Hesitation Turn (Oops Turn)

		Man's		Ladies	
Phase	Time	Foot Details		Foot Details	
Oops Turn	Slow	L	Forward, stop right foot	R	Back , stop left foot
	Slow	R	Back	L	Forward
	Quick	L	Side, rotate to left	R	Side, around him to right
	Quick	R	Together	L	Together

## Foxtrot Promenade

		Man's		Ladies	
Phase	Time	Foot Details		Foot Details	
Basic	Slow	L	Forward	R	Back
	Slow	R	Forward	L	Back
	Quick	L	Side to Left	R	Side to Right
	Quick	R	Together into Promenade	L	Together into Promenade
Promenade	Slow	L	Forward, out to left	R	Forward, out to right
	Slow	R	Forward, across left	L	Forward, across right
	Quick	L	Side to Left	R	Side to Right
	Quick	R	Together	L	Together