

Foxtrot Routine

Man's				Lady's			
STEP	COUNT	DESCRIPTION	NOTES	STEP	COUNT	DESCRIPTION	NOTES
Begin Closed position, facing diagonal center.				Begin Closed position, backing diagonal center.			
Hairpin Twinkle (Traveling Contra Check)							
1	Slow	L Left foot forward in CBMP, foot turned in.	Strong step with pronounced rightward sway. End pointing towards line of dance.	1	Slow	R Right foot back in CBMP.	Strong step with pronounced leftward sway.
2	Quick	R Close right foot to left foot.	As right foot is closing, dissolve rightward sway. End with both feet pointing to line of dance, having turned 1/8 to right over 1-2. Body turns slightly more, to end facing almost diagonal wall.	2	Quick	L Close left foot to right foot.	As left foot is closing, dissolve leftward sway. End facing diagonal center, having turned 1/2 to right on ball of right foot between 1-2.
3	Quick	L Left foot diagonally forward in promenade position, left side leading.	Pointing to line of dance, body facing diagonal wall. Sway to left.	3	Quick	R Right foot side in promenade position.	Sway to right. Step taken down line of dance, facing diagonal center.
4	Slow	R Right foot forward in promenade position and CBMP.	Feet turn 1/8 to right over 3-4. End facing diagonal wall. Dissolve leftward sway.	4	Slow	L Left foot forward & across in promenade position and CBMP.	Step taken down line of dance, facing diagonal center. Dissolve leftward sway.
5	Quick	L Left foot side & slightly back. Brush right foot towards left foot.	3/8 turn to right between 4-5. Separate from body contact and dance slightly ahead of the lady. At the same time, release right hand from lady's back and place her right hand in your right hand, to end with a RH-RH handshake hold.	5	Quick	R Right foot forward.	1/8 turn to right between 4-5 to face line of dance. Release left hand from man's shoulder and allow him to separate from body contact. End in open facing position with RH-RH handshake hold.
6	Quick	R Right foot side in open counter-promenade position.	3/8 turn to right between 5-6 (body turns less). End with feet pointing to diagonal center, body facing almost to center.	6	Quick	L Left foot diagonally forward in open counter-promenade position.	1/8 turn to right between 5-6 to face diagonal wall.
Flip-Flops with RH-RH hold.							
7	Slow	L Left foot forward & across in open counter-promenade position and CBMP.	Body continues turning to right. Now facing diagonal center.	7	Slow	R Right foot forward in open counter-promenade position and CBMP.	Begin to turn to right.
8	Quick	R Right foot forward. Left foot brushes toward right foot.	1/8 turn to right between 7-8, to end facing line of dance. Use RH-RH hold to lead lady to turn to her right and dance toward your right side, to end in open facing position.	8	Quick	L Left foot side & slightly back. Right foot brushes toward left foot.	3/8 turn to right between 7-8, to end backing line of dance.
9	Quick	L Left foot diagonally forward in open promenade position.	Facing line of dance, moving towards diagonal center.	9	Quick	R Left foot side in open promenade position.	Body facing diagonal center, moving along line of dance.
Lady's Inside Underarm Turn (double hand-hold).							
10	Slow	R Right foot forward & across in open promenade position and CBMP.	Facing line of dance, moving towards diagonal center. Use RH-RH hold to lead lady to begin to turn to her left. Reach left hand over and across the right hand, to take a LH-LH hold (above the RH-RH hold).	10	Slow	L Left foot forward in open promenade position and CBMP.	Step taken towards diagonal center. Begin to turn to left. Reach left hand over and across the right hand, to take a LH-LH hold (above the RH-RH hold).
11	Quick	L Left foot side & slightly forward.	Take left hand over lady's head, leading her to continue turning to her left. Now facing line of dance, passing through shadow position (lady directly in front of you).	11	Quick	R Right foot to side (toe pivot).	Approximately 7/8 turn to left, under raised LH-LH hold, over steps 10-11. Now facing line of dance, passing through shadow position, directly in front of man.
12	Quick	R Close left foot to right foot.	Take left hand down to waist level and right hand over lady's head, continuing to lead her to turn to her left. End in open facing position, with LH-LH hold overhead and RH-RH hold at waist level.	12	Quick	L Left foot forward in CBMP.	1/8 turn to left between 11-12 under raised RH-RH hold, while LH-LH hold lowers to waist level. Step taken towards diagonal center.
Change of Places to cuddle position (lady behind).							
13	Slow	L Left foot forward & slightly to side, passing in front of lady.	Take right hand over your head, ending in shadow position with lady behind you. Both hand should end at approximately shoulder level, slightly out to sides. Note: Left foot should be placed in front of lady's left foot, in very close proximity.	13	Slow	Pivot on left foot and close right foot to left foot.	5/8 turn to left on left foot, to end facing wall. Right hand will pass over man's head, to end in shadow position behind man with arms out to sides.
14	Slow	R Right foot closes to left foot.	1/8 turn to right to face diagonal wall. Draw your arms inward towards the body, hands coming together at the base of the neck. This will lead the lady to wrap her arms around your shoulders, drawing her into body contact behind you (slightly towards your right side).	14	Slow	No step.	1/8 turn to left on right foot to face diagonal wall. Rise up to your toes and wrap your arms around man's shoulders in a "cuddle" hold with full body contact.

Cuddly Lunge Thing.

15	Slow, (Slow)	L	Lunge side & slightly forward onto left foot. Relax weight deep into left knee.	Step taken down line of dance, facing diagonal wall. Maintain hold of the hands and keep lady in body contact. As you lunge, she will fall forward off her feet and you will be supporting the weight of her body.	15	Slow, (Slow)	No step.	As man lunges forward, allow your weight to fall forward off of your own feet and onto his body. Note: It is important that you keep your hips picked up and forward throughout the lunge.
16	Slow	R	Push up from left leg and transfer weight sideways to right foot.	1/4 turn to right to face diagonal wall against line of dance. When lady has regained balance over her feet, release LH-LH hold.	16	Slow	No step.	Push hips backwards and arch back slightly to assist in recovering your weight over your feet. When you are balanced over your feet once again, release LH-LH hold.
17	Slow		No step.	Extend right arm sideways, using RH-RH hold to lead lady to step forward on her right foot away from you (against line of dance). Then take right hand over her head, leading her to turn to her right on her right foot. End facing diagonal wall against line of dance, in open cross-body position, RH-RH hold.	17	Slow	R Right foot forward, away from man. Pivot on RF and close LF to RF, without weight..	3/8 turn to right between 16-17. Step taken against line of dance, under RH-RH hold. Then turn 1/2 to right on right foot on 17 to end facing line of dance.

Lady's Underarm Swivel, Free Spin to Left,

18	Quick		Begin to transfer weight sideways toward left foot.	Retract right arm and lower it to waist level, leading lady to step toward you and begin to turn to her left.	18	Quick	L Left foot forward in CBMP.	Down line of dance. Begin to turn to left.
19	Quick	L	Transfer weight completely to left foot.	1/8 turn to left over 18-19 to face wall. Release RH-RH hold, allowing lady to turn freely to her left.	19	Quick	R Right foot side (toe pivot).	Down line of dance. Continue turning to left. Release RH-RH hold.
20	Quick	R	Right foot closes to left foot.	1/8 turn between 19-20 to end facing diagonal wall. Lady continues her free turn. Depending on the size of the lady's steps, your right foot may actually step forward, rather than closing, in order to maintain proper spacing with the lady.	20	Quick	L Left foot forward in CBMP.	Down line of dance. Continue turning to left.
21	Quick	L	Left foot side & slightly forward.	As lady completes her turn, place right hand on lady's back and take LH-LH hold, ending in a relaxed closed dance hold.	21	Quick	R Left foot side & slightly back.	Total of 1 & 3/8 turns to left over 18-21, to end backing diagonal wall (facing man). Allow man to take your right hand in his left and end in a relaxed closed dance hold.

Curved Feather (Hairpin),

22	Slow	R	Right foot forward in CBMP, outside partner.	Begin to turn to right.	22	Slow	L Left foot back in CBMP (partner outside).	Begin to turn to right.
23	Quick	L	Left foot forward, left side leading.	Continue turning to right.	23	Quick	R Right foot back, right side leading.	Continue turning to right.
24	Quick	R	Right foot forward in CBMP, outside partner, small step.	3/8 turn to right over 22-24. End backing line of dance, having re-established full body contact.	24	Quick	L Left foot back in CBMP (partner outside), small step.	3/8 turn to right over 22-24. End facing line of dance, having placed left hand on man's shoulder.

Hesitation Change.

25	Slow	L	Left foot back in CBMP (partner outside).	Begin to turn to right.	25	Slow	R Right foot forward in CBMP outside partner.	Begin to turn to right.
26	Slow	R	Right foot side. Close left foot to right foot, without weight.	3/8 turn to right over 25-26. For added styling, use leftward sway and turn head to left on 26.	26	Slow	L Left foot side. Close right foot to left foot, without weight.	3/8 turn to right over 25-26. For added styling, use rightward sway and turn head to right on 26.