

American Style

Dance notes by Lee & Peggy Santos
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Social Dance Notes

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Social Foxtrot September 2008

American Style Foxtrot

4/4 timing, begin in Closed position, Facing Wall

Basic step - Walk, walk and Side close. Gentleman walks forward and Lady walks back. *SSQQ*

S - a slow count is equal to 2 beats of music

Q - a quick count is equal to 1 beat of music

Basic Foxtrot Routine

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|--------------------|---------------------------------------|
| 1. Basic Forward | SS QQ, repeat SS QQ |
| 2. Promenade Walk | SS QQ, repeat SS QQ |
| 3. Forward Rock | SS QQ |
| 4. Left Rock Turn | SS QQ |
| 5. Walk Inline | SS QQ, SS QQ |
| 6. Outside Walk | SS QQ, SS QQ may repeat, SS QQ, SS QQ |
| 7. Side Rock | SS QQ, SS QQ |
| 8. Right Rock Turn | SS QQ, SSQQ |