

Vintage Dance Society

THE FOXTROT

Basic Rhythms & Steps (from Joan Walton, et al)

Rhythms:	Slow, Slow, Quick, Quick Quick, Quick, Slow, Quick, Quick, Slow Slow, Slow, Quick, Quick, Slow Slow, Slow, Slow, Slow, Quick, Quick, Slow, Quick, Quick, Slow Slow, Quick, Quick Slow, Slow, Quick, Quick, Quick, Quick	Steps:	Backing the Lady Promenade Yale Position (Right and/or Left) Side by Side
		Patterns:	Pivoting Zig Zag Grapevine

Variations (from Richard Powers, et al)

- Variation 1: L (S), R (S), L (pivot), R (pivot), L (Q), R (Q)
(Pivots can be done slow or fast, adjust # of pivots to speed and eliminate steps as necessary, i.e. last Q,Q).
Can be done backing the lady or in promenade position.
- Variation 2: L (S), R (S), stamp (both feet), kick (L behind), L (Q), R(Q)
- Variation 3: L (slide in towards center), R (slide out from center), L (Q),
R (Q), L (Q), R (Q) - (last 4 steps in LOD)
- Variation 4: Begins with Basic, followed by -- L (S), turn facing opposite direction (as couple), R (Q), L (Q), R (Q), L (Q); then R (S), turn facing LOD, L (Q), R (Q), L (Q), R (Q), followed by another Basic.
- Variation 5: Two-step to the left diagonal, two-step to the right diagonal
- Variation 6: Two-step to the left going half way around, two-step to the right completing the turn

Workshop Samplers (from Martha Griffin)

I	II
Back the lady (s, s, q, q, s) 2x	Promenade (s, s, q, q, s) 2x
Back the lady (s, s)	Yale (s, s, q, q, s) 2x
In, together, in (q, q, s)	Promenade (s, s, q, q, s) 2x
Back the lady (s, s)	Promenade (s, s, q, q, s, then s, back, change [switch feet], s, s)
Out, together, out (q, q, s)	Repeat from: Back the lady (s, s) in I

And More Workshop Samplers (from Martha Griffin & Marc Casslar)

Part 1	Part 2
Basic (s, s, q, q, q, q backing the lady) 2x (4 bars)	Back the lady (s, s, q, q, s) 2x (4 bars)
Promenade (s, s, q, q, q, q in prom. pos.) 2x (4 bars)	Promenade and reverse promenade (s, s, q, q, s) 2x (4 bars)
Reversing Promenade (s, turn, q, q, q, q) 2x (4 bars)	Slow drags, 2 turning two-steps 2x (8 bars)
Basic or grapevine (s, s, side, cross, side, cross) 2x (4 bars)	

For Canadian Caper use parts 1, 1, 2, 2, 1, bridge 1, 2 • For Georgia Rainbow use parts 1, 1, 2, 1, 2 bridge 1
For Draftin Blues use parts 1, 2, 1, 2, 1 • For Wizzle Dazzle use parts 1. 1. 2. 1. 1. 2, 1

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