

## Free Style Ballroom Amalgamations

1. (CP/LOD) BOX;; PROGRESSIVE BOX;;
2. (CP/LOD) FWD RUN 2 (TWICE);; BOX;;
3. (CP/LOD) FWD RUN 2 (TWICE);;  
LEFT TURNING BOX;;;
4. (CP/LOD) FWD RUN 2 (TWICE);;  
1/2 LEFT TURNING BOX;; (CP/RLOD)  
FWD RUN 2 (TWICE);;  
1/2 LEFT TURNING BOX;; (CP/LOD)
5. (CP/LOD) FWD RUN 2 (TWICE);;  
ROCK FWD & REC; ROCK BACK & REC;
6. (CP) ROCK FWD & REC;  
ROCK BACK & REC; BOX;;
7. (CP) ROCK FWD & REC;  
ROCK BACK & REC;  
LEFT TURNING BOX;;;
8. (CP) BOX;; (SCAR) 2 PROG TWINKLES;;  
(CP) LEFT TURNING BOX;;;
9. (CP/DLC) 2 LEFT TURNS;; (CP/WALL)  
HOVER; (SCP/LOD) PICKUP; (CP/LOD)
10. (CP/LOD) FWD RUN 2 (TWICE);;  
(CP/DLC) 2 LEFT TURNS;;  
(CP/WALL) BOX;;  
HOVER; (SCP/LOD) PICKUP; (CP/LOD)
11. (CP/DLC) DIAMOND TURN;;;; (BJO/DLC)
12. (CP/LOD) FWD RUN 2; MANEUVER;  
(CP/RLOD) 1 RIGHT TURN;  
(CP/LOD) FWD RUN 2;
13. (CP/LOD) FWD RUN 2; MANEUVER;  
(CP/RLOD) SPIN TURN;  
(CP/LOD) BOX FINISH; (CP/LOD)

## FOXTROT

### GENERAL:

The music is written in 4/4 time, i.e. 4 beats to a measure.

Timing is most often SQQ with 3 steps taken over 4 beats of music. However many foxtrot figures use different timing and often bridge measures.

### TECHNIQUE:

Body is relaxed with soft knees, weight on the forward part of the weighted foot with minimum weight on the heel.

Before taking step 1, body must have a slightly lowering action throughout the leg of the weighted foot to create a heel lead with the moving foot.

## CENTRE ROUNDS

Sponsor:

Centre Region Parks & Recreation (231-3071)

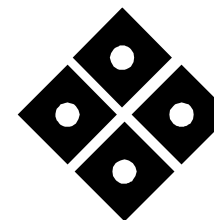
Instructors:

Carter & Ruby Ackerman (238-8949)

CENTRE ROUNDS

# Introductory Foxtrot Basics

*Carter & Ruby Ackerman*



Fall 2003

## FOXTROT

### INTRODUCTORY BASICS

Box	Maneuver
Box Finish	Pickup
Diamond Turn	Progressive Box
Dip and Recover	Right Turns
Forward Run 2	Rock & Recover
Hover	Sd, Tch, Sd, Tch;
Left Turns	Spin Turn
● Left Turning Box	Twinkle
Lunge	

### BOX;;

M: Fwd L, -, Sd R, Cl L; Bk R, -, Sd L, Cl R;  
W: Bk R, -, Sd L, Cl R; Fwd L, -, Sd R, Cl L;

### BOX FINISH;

M: Bk R, -, Sd L, Cl R;  
W: Fwd L, -, Sd R, Cl L;

### DIAMOND TURN;;;; (Done in BJO position)

M: Fwd L, -, Sd R, Bk L; Bk R, -, Sd L, Fwd R;  
Fwd L, -, Sd R, Bk L; Bk R, -, Sd L, Fwd R;  
W: Bk R, -, Sd L, Fwd R; Fwd L, -, Sd R, Bk L;  
Bk R, -, Sd L, Fwd R; Fwd L, -, Sd R, Bk L;

### DIP and RECOVER;

M: Bk L (lower), -, Rec R, -;  
W: Fwd R (lower), -, Rec L, -;

### FORWARD RUN 2;

M: Fwd L, -, Fwd R, Fwd L;  
W: Bk R, -, Bk L, Bk R;  
(can start with either foot)

### HOVER;

M: Fwd L, -, Fwd & Sd R (rising), Rec L (SCP);  
W: Bk R, -, Bk & Sd L (rising), Rec R (SCP);

### LEFT TURNS;;

M: Fwd L (turning LF), -, Sd R (turning LF), Cl L;  
Bk R (turning LF), -, Sd L (turning LF), Cl R;  
W: Bk R (turning LF), -, Sd L (turning LF), Cl R;  
Fwd L (turning LF), -, Sd R (turning LF), Cl L;  
(3/4 to full turn over 2 meas.)

### LEFT TURNING BOX;;;;

M: Fwd L (turn 1/4 LF), -, Sd R, Cl L;  
Bk R (turn 1/4 LF), -, Sd L, Cl R;  
Fwd L (turn 1/4 LF), -, Sd R, Cl L;  
Bk R (turn 1/4 LF), -, Sd L, Cl R;  
W: Bk R (turn 1/4 LF), -, Sd L, Cl R;  
Fwd L (turn 1/4 LF), -, Sd R, Cl L;  
Bk R (turn 1/4 LF), -, Sd L, Cl R;  
Fwd L (turn 1/4 LF), -, Sd R, Cl L;

### LUNGE

A 1 count figure stepping Fwd, Bk or Sd,  
bending knee & checking motion.

### MANEUVER;

M: Fwd R (turn RF), -, Sd L (turn RF-face RLOD), Cl R;  
W: Bk L (turn RF), -, Sd R (turn RF), Cl L;

### PICKUP;

M: Fwd R, -, Sd L, Cl R;  
W: Fwd L (Turning 1/2 LF to CP), -, Sd R, Cl L;  
(Sometimes cued "Pickup Side Close")

### PROGRESSIVE BOX;;

M: Fwd L, -, Sd R, Cl L; Fwd R, -, Sd L, Cl R;  
W: Bk R, -, Sd L, Cl R; Bk L, -, Sd R, Cl L;

### RIGHT TURNS;;

M: Bk L (turning RF), -, Sd R (turning RF), Cl L;  
Fwd R (turning RF), -, Sd L (turning RF), Cl R;  
W: Fwd R (turning RF), -, Sd L (turning RF), Cl R;  
Bk L (turning RF), -, Sd R (turning RF), Cl L;  
(3/4 to full turn over 2 meas.)

### ROCK & RECOVER;

M: Rk Fwd L, -, Rec Back R, -;  
W: Rk Back R, -, Rec Fwd L, -;  
(Rock can go either forward or back)

### SIDE, TOUCH, SIDE, TOUCH;

M: Sd L, Tch R, Sd R, Tch L;  
W: Sd R, Tch L, Sd L, Tch R;

### SPIN TURN;

M: Bk & Sd L (RF Pivot), -, Fwd & Rise R, Sd & Bk L;  
W: Fwd R (RF Pivot), -, Bk & Rise L, Sd & Fwd R;

### TWINKLE;

Front Twinkle: CROSS IN FRONT, -, SD, CL;  
Back Twinkle: CROSS IN BACK, -, SD, CL;  
2 Prog Twinkles: M: Front Twinkle Twice;;(L,-,R,L;R,-,L,R;)  
(Progress Fwd) W: Back Twinkle Twice;;(R,-,L,R;L,-,R,L;)  
2 Bk Prog Twinkles: M: Bk Twinkle Twice;;(L,-,R,L;R,-,L,R;)  
(Progress Bkwd) W: Front Twinkle Twice;;(R,-,L,R;L,-,R,L;)

### ABBREVIATIONS

Fwd: Forward	LOD: Line Of Dance (CounterClockwise)
Bk: Back	RLOD: Reverse Line Of Dance (Clockwise)
Sd: Side	COH: Center Of Hall
Cl: Close	DLW: Diagonal LOD & Wall
Tch: Touch	DLC: Diagonal LOD & COH
M: Man	OP: Open Position
W: Woman	CP: Closed Position
L (R): Left (Right)	BJO: Banjo Position
LF (RF): L (R) Face	SCAR: Sidecar Position
Rk: Rock	SCP: Semiclosed Position
Rec: Recover	CP/LOD: Closed Pos. with M facing LOD

; Semicolon indicates the end of a measure  
, Comma divides a measure into counts or beats  
- Dash indicates a hold count

### INTRODUCTORY DANCES

#### WON'T YOU COME DANCE

INTRO: (CP/LOD)SD, TCH, SD, TCH;  
DIP,-,REC,-;  
A: (CP/LOD) BOX;; (SCAR/DLW)  
2 PROG TWINKLES;;  
(CP/LOD) LEFT TURNING BOX;;;  
B: (CP/LOD) FWD RUN 2 (TWICE);;  
1/2 LEFT TURNING BOX;;  
(CP/RLOD)FWD RUN 2 (TWICE);;  
1/2 LEFT TURNING BOX;;  
ENDING: SIDE LUNGE & HOLD;

#### ALL I DO IS DREAM OF YOU

INTRO: (CP/LOD) BOX;;  
A: (CP/LOD)FWD RUN 2 (TWICE);;  
2 LEFT TURNS;;  
(CP/WALL) BOX;;  
HOVER; PICKUP;  
B: DIAMOND TURN (SCAR);;;  
2 PROG TWINKLES;;  
(CP/DLW) HOVER; PICKUP;  
ENDING: THRU to a SIDE LUNGE;

#### WATCH OVER ME

INTRO: (OP/DLW) FWD,-,TCH (CP),-;  
BK 1/2 BOX (CP/LOD);  
A: (CP/LOD)FWD RUN 2; MANUV;  
1 R TURN;(CP/LOD) FWD RUN 2;  
[Option: SPIN TURN; BOX FINISH;]  
2 LEFT TURNS;; HOVER; PICKUP;  
B: DIAMOND TURN(BJO);;;  
(CP/LOD) FWD RUN 2 (Twice);;  
BOX;;  
ENDING: BK, -, DIP, HOLD;

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