



Foxtrot Workshop July 2015

The Foxtrot is a smooth progressive dance characterised by long continuous steps. There is a continuing passing of feet from step to step without closing or chasse action. The lady's feet will come together on heel turns which bring her back in line with partner.

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Terms common in Foxtrot

Contra Body Movement Position (CBMP)

The placing of the stepping foot forward or back, or forward and across the line of the standing foot. Forward and across is used in PP steps.

CBMP is used on all outside partner steps to ensure a good line of contact.

Tip; CBMP refers to leg movement

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Contra Body Movement (CBM)

A rotation of the opposite side of the body to the leading leg usually used to initiate a turn. When taking a forward step using CBM toe will turn slightly out. When stepping back the toe will turn in.

Tip; CBM is the upper body movement which commences swing and continues smoothly into sway.

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Ballroom Basics

with Stewart & Jane



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Outside Partner (OP)

A forward step where the right foot moves forward to the outside of partner's right foot. It must be in CBMP, body contact should remain the same.

Tip; think outside from knee down

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Side Lead

This is the opposite of CBM and is when the same side of the body move with the stepping foot either forward or backward. Used when the next step is taken outside partner, i.e. step 2 as man in a Feather Step.

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Workshop Foxtrot Routine

SSQQ

Open Telemark Feather Ending
Three Step
Natural Turn

(End facing DW)
(End facing DW)
(End facing DC)

SQQ SQQ
SQQ
SQQ SSS

