

## TEACHING FOXTROT

© Gert-Jan & Susie Rotscheid 2003

A suggested teaching plan with dances and an alternate plan

### SOME HASH CUE IDEAS

- reverse wave;; closed impetus; feather finish
- reverse wave;; back feather; feather finish DLW; 3-step;
- 3-step; (1/2 natural; OR open natural;  
OR natural weave;; OR natural hover cross;;)
- all weaves;; 3-step; OR whisk;
- 3-step; (OR open telemark;) natural hover cross;; (any LT figure)
- open impetus; (OR whisk;) promenade weave;;

### Session 1

2 1/2 hours

- Stance – strong / Lady in M's right arm – give her room, she has to take it.  
MEN – don't hang over your Lady; LADY – don't push into your Man
- Lady has left sway, but not back – head does not "look" left, but is left because of sway from knees upward.

Use "Answer Me" as warm up and basis for knowledge of moving to foxtrot figures

- Waltz is up & down; Foxtrot is linear  
**TIMING: SQQ ("very slow, slow, slow" - made by making all steps the same length on the floor)**
- **waltz** has begin to rise, continue to rise  
**foxtrot** has rise at end of 1; no continue to rise - this is very important especially when you get to heel turns for the lady

<b>WALTZ</b>	<b>FOXTROT (figures to teach)</b>
1/2 box forward	<b>3-step</b>
manuv	<b>1/2 natural / open natural - show difference</b>
spin turn	<b>closed impetus</b>
box finish (1/2 box back)	<b>feather finish</b>
2 left turns	<b>reverse turn = 1 LT, feather finish DW (also early rise for heel turn)</b>
<b>Some figures are the same - just different timing</b>	
<b>open impetus</b>	"same" in foxtrot
<b>diamond turn * see note below</b>	"same" in foxtrot
<b>open telemark</b>	"same" in foxtrot – <b>EARLY RISE IN ALL TURNS THAT LADY HAS TO DO A HEEL TURN – this leads her to do that turn</b>

- **Feather** - a figure that ends in banjo;  
- **feather** (man steps fwd, fwd, fwd)

- **feather finish** (man steps back [trng LF], fwd, fwd)
- **Diamond turn** - fwd, sd, bk to Bjo; feather finish; repeat;; don't turn too much - turn only on 2nd step
- **Weaves** - last 4 steps the same (last 3 a feather finish) 1st 3 steps determine the sort of weave
- **Promenade weave**
- **Hesitation change** – back L, sd R same figure as in waltz but SS - start a right turn – hesitate

Figures taught

feather finish	3-step	1/2 natural	closed impetus
diamond turn	prom. weave	open natural	open impetus
1/4 dia. turn	hest. change	chair, rec, slip	open telemark
full rev trn			

→ **Stranger on the Shore** (ph. IV) (repertoire)

----- MAY ADD, DEPENDING ON THE DANCERS and the time -----

Figures for **September Foxtrot**

- **curved feather** (phase V figure)
  - **back feather**
  - **back 3-step**
- "Extra" figures
- **slow cross behind, with prom weave from that position**
  - **outside change to SCP (same as in waltz)**
  - **beginning & ending (end: prom sway / change sway)**

**Session 2**

**3 1/2 hours**

(This is a LONG session. Be sure to give breaks)

Again **foxtrot rise** is early; for the lady to properly dance a heel turn the man has to lead it. Otherwise she has already passed her feet and will block the man.

**Weaves** (some RF weaves)

- **natural weave**: start an open natural – weave ending (here you may go to option 2)
- **natural fallaway weave**: - start a natural hover fallaway – weave ending – remember the footwork is for the man – he goes "bk, bk, sd, fwd"
- **natural hover cross**: belongs to "weave family" – 1 slow, 6 quicks, ends with a feather finish; X pivot (goes to Scar/DLC) – **fwd**, feather finish (can also be done from SCP)

-----BREAK-----

## Left turns

**Most turns in FT that start in CP will have a heel turn for the Lady. Don't forget to keep your early rise to lead the heel turn.**

**Most all left turns start the same: CP/DLC, lead ft free – step FORWARD**

- **open telemark**: already know, but let's practice with early rise
- **closed telemark**: turn body more causing woman to stay in closed & step back
- **double reverse**: first turn where the man & the woman turn & spin at different times.  
Remember EARLY RISE.  
Man 2 steps – fwd – step side & arnd ptr & keep turning  
Woman 4 steps – back – heel turn – around ptr & keep turning – bring LF in Front
- **reverse wave**: go over lady's footwork for back 3 step – she stills follows, but does come forward to allow the man to lead going backwards

-----BREAK-----

→ **Exactly Like You**

**teach in the dance: hover telemark; back feather; in & out runs; slow side lock; ending;**

## Left turns – some more

- **top spin**: weave ending – BUT start the spin on the last step of the figure before.  
(Sometimes the "weave part" can turn more in place)
- **reverse wave 3 – check & weave**: can also start in a more LOD or DLW position

---

## Session 3

**2 hours**

review all figures & teach **Orient Express Foxtrot**,  
or **Exactly Like You**, depending on how previous lesson times went

---

## OPTION 2 (ALTERNATE PROGRAM)

### OPTION 2 (for session 2)

**3 1/2 hours**

after **natural weave** go to:

**reverse wave**: go over lady's footwork for back 3 step – she stills follows, but does come forward to allow the man to lead going backwards

→ **Exactly Like You** (ph. IV+1 natural weave)

---

then another natural figure:

**natural hover cross**: belongs to "weave family" – 1 slow, 6 quicks, ends with a feather finish  
X pivot (goes to Scar/DLC) – **fwd**, feather finish  
can also be done from SCP

another reverse figure:

**double reverse**: first turn where the man & the woman turn & spin at different times.  
Remember EARLY RISE.

Man 2 steps – fwd –step side & arnd ptr & keep turning

Woman 4 steps – back – heel turn – around ptr & keep turning – bring LF in Front

→ **For You Are Beautiful** (ph. IV+2 natural hover cross / double reverse)

---

---

**OPTION 2 (for session 3)**

**2 hours**

→ **Barkely Square** (this will be only review & using waltz figures in foxtrot)

**review all figures**