

Foxtrot:

1. Side-by-side Feather Step, Three step forward for guys (reverse for ladies) (12345678)
2. Turn (1234), Fencing line (5678)
3. Ladies walk around guys (12345678)
4. Feather step (SQQ)
5. Reverse turn (SQQ)
6. Feather finish (SQQ)
7. Reverse turn (SQQ)
8. Reverse wave (SQQ, SQQ)
9. Spiral (SQQ, SQQ, SQQ)
10. Three step (SQQ)
11. Hover cross (SQQ), develop (SQQ)
12. Hover cross finish (1234), chasse (5678)
13. Run (123), Throwaway oversway (456), Stand up (78)
14. Same foot lunge (12), hip twist (34), Telemark (5678)
15. Walks forward in promenade position (1234), Lunge (5678)
16. Ronde (12), weave (345678)
17. Fallaway (1234), develop (5678)
18. Walk around to promenade position (12345678)
19. Open up (1234), progressive turns forward