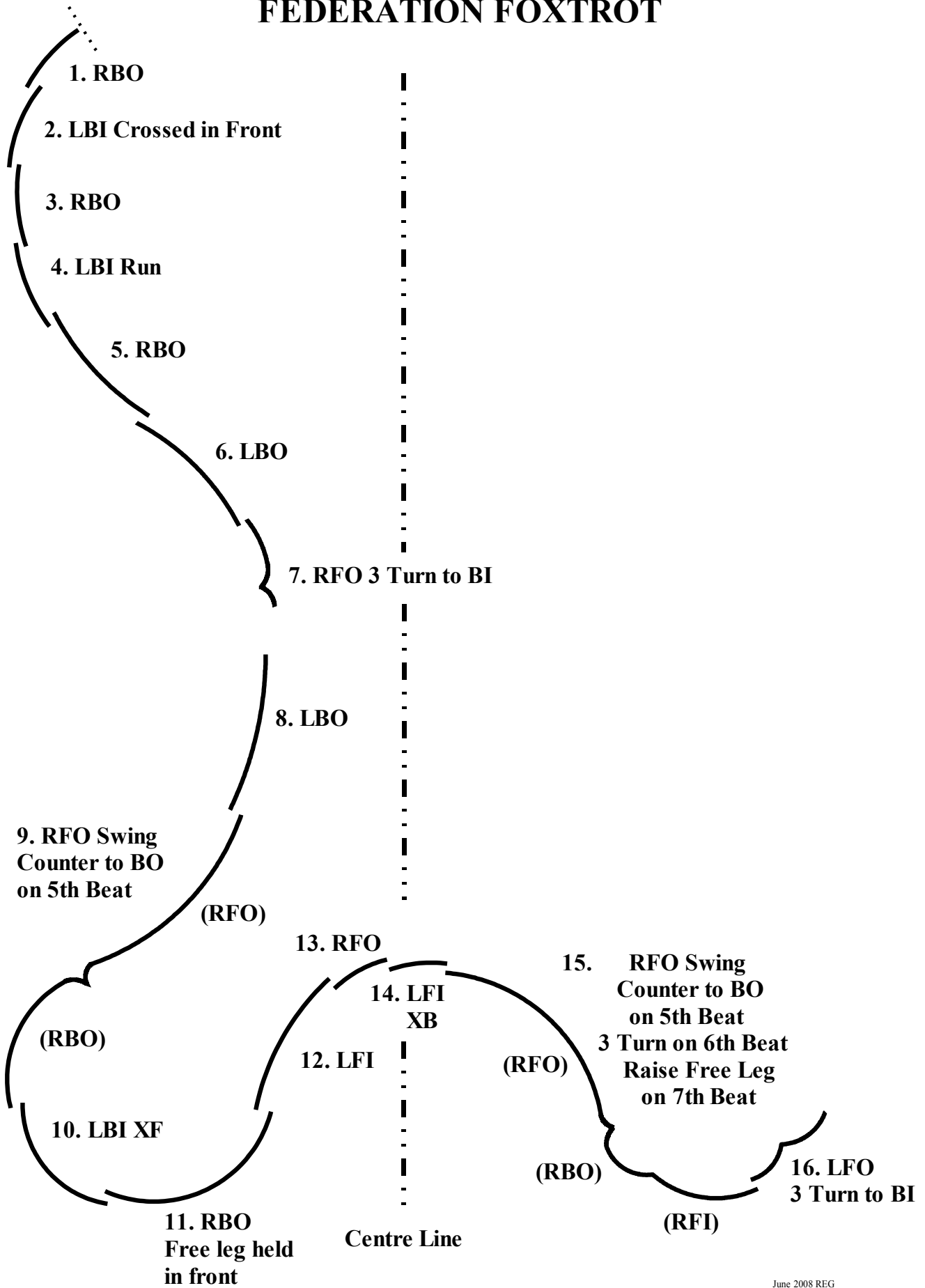


FEDERATION FOXTROT



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Jackie Terenzi

Music: Foxtrot 2/4

Tempo 96

Pattern: Set

	Steps	Beats
1.	RBO	1
2.	LBI Crossed in Front	1
3.	RBO	1
4.	LBI Run	1
5.	RBO	2
6.	LBO	2
7.	RFO 3 Turn to BI	2
8.	LBO	2
9.	RFO Swing Counter to RBO on 5 th Beat	6
10.	LBI Crossed in Front	2
11.	RBO Free Leg Held in Front	4
12.	LFI	2
13.	RFO	1
14.	LFI Crossed Behind	1
15.	RFO Swing Counter to RBO on 5 th Beat 3 Turn to RFI on 6 th Beat Lift Free Leg on 7 th Beat	8
16.	LFO 3 Turn to BI	2

NOTES ON THE DANCE

The dance starts with (1) Right Back Outside edge, followed by (2). Crossed in Front Back Inside, with a Right Back Outside edge (3) and a run (4) followed by Right Back Outside edge (5) all going towards the Centre

Step (6) Left Back Outside is followed by step (7) Right Forward Outside 3 turn

Step (9) Hold Free Leg back for 2 beats, swing forward on 3rd beat and turn a Counter on the 5th beat. The Free Leg is held forward, in line with the tracing, after the Counter

Steps (10,11 & 12) should be strong edges curving around the bottom of the rink, aimed toward the centre

Step (11) Hold the free leg still and out on this 4 beat edge

Step (15) Similar to step (9) but with a 3 turn after the Counter on the 6th beat Hold the free leg close to the tracing foot whilst making the 3 turn and raise the free leg on the 7th beat.

THIS 8 BEAT MOVEMENT IS THE HIGHLIGHT OF THE DANCE

Step (16) Left Forward Outside 3 Turn. Do not overturn otherwise you will impede restart edges