

**ROUNDALAB STANDARD  
Phase III of Round Dancing**

**FOXTROT**

**FT. FOXTROT**

**CHARACTERISTICS:** In round dancing, the Foxtrot rhythm is denoted using 4/4 timing. Normally three steps to a measure with a count of SQQ. Body 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 slight lowering action throughout the leg of the weighted foot to create a heel lead with the moving foot. For natural [right] and reverse [left] turns, the man will have a slight early body rise at the end of step 1 to lead the woman into her heel turn. Natural turns - the upper body commences turn before the step is taken. Reverse turns - the body commences the turn after the forward action of the first step and continues to turn through step 2.

**In box, click figure title to go to definition.**

<b>Bk Bk/Lk Bk</b>	<b>Thru Chasse to SCP</b>	<b>Hover Fallaway</b>	<b>Spin Turn</b>
<b>Box</b>	<b>Turn Left &amp; Right Chasse</b>	<b>Thru Hover</b>	<b>Twisty Vine</b>
<b>Box Finish</b>	<b>Fwd Fwd/Lk Fwd</b>	<b>Impetus to SCP</b>	<b>Vine</b>
<b>Box Left Turning</b>	<b>Forward Run Two</b>	<b>Interrupted Box</b>	<b>Whisk</b>
<b>Progressive Box</b>	<b>Hover</b>	<b>Left Face Turn</b>	<b>Wing</b>
<b>Chasse</b>	<b>Back Hover</b>	<b>Maneuver</b>	
<b>Forward Chasse</b>	<b>Cross Hover</b>	<b>Right Face Turn</b>	
<b>Thru Chasse to BJO</b>	<b>Forward Hover</b>	<b>Slip Pivot</b>	

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**# Back Back/Lock Back**                      bk bk/lk bk                      Back Back/Lock Back  
 SQQ;    BK, -, BK/LK, BK;  
     (FWD, -, FWD/LK, FWD;)  
**MAN:** In Banjo Position back left, -, back right/lock left in front of right, back right;  
**WOMAN:** In Banjo Position forward right, -, forward left/lock right in back of left, forward left;

**# Box**    none                                      Box  
 SQQ; SQQ;                                      FWD, -, SD, CL; BK, -, SD, CL;  
     (BK, -, SD, CL; FWD, -, SD, CL;)  
**MAN:** Forward left, -, side right, close left; back right, -, side left, close right;  
**WOMAN:** Back right, -, side left, close right; forward left, -, side right, close left;

1. **# Box Finish**                              box fin                                      Box Finish  
 SQQ;    BK TRN, -, SD, CL;  
     (FWD TRN, -, SD, CL;)  
**MAN:** Back right turning left face, -, side left, close right;  
**WOMAN:** Forward left turning left face, -, side right, close left;  
**NOTE:** Figure turns left face up to 1/4.

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2. **# Box Left Turning**                      L trng box                      Left Turning Box  
SQQ; SQQ; SQQ; SQQ;                      FWD, -, FWD TRN, CL; BK, -, BK TRN, CL;  
FWD, -, FWD TRN, CL; BK, -, BK TRN, CL;  
(BK, -, BK TRN CL; FWD, -, FWD TRN, CL;  
BK, -, BK TRN CL; FWD, -, FWD TRN, CL;)

**MAN:** Forward left commence left face upper body turn, -, forward and side right complete 1/4 turn, close left; back right commence left face upper body turn, -, back and side left complete 1/4 turn, close right; repeat first two measures;;

**WOMAN:** Back right commence a left face upper body turn, -, back and side left complete 1/4 turn, close right; forward left commence left face upper body turn, -, forward and side right complete 1/4 turn, close left; repeat first two measures;;

3. **# Progressive Box**                      prog box                      Progressive Box  
SQQ; SQQ;                      FWD, -, SD, CL; FWD, -, SD, CL;  
(BK, -, SD, CL; BK, -, SD, CL;)

**MAN:** In Closed Position forward left, -, side right, close left; forward right, -, side left, close right;

**WOMAN:** Back right, -, side left, close right; back left, -, side right, close left;

- # Chasse**                      none                      Chasse [to ending position]  
Q&Q                      SD/CL, SD,

**MAN:** Side left/close right, side left,

**WOMAN:** Side right/close left, side right,

**NOTE:** May start with either foot. May start and end in various positions as below.

1. From Banjo Position to Semi-Closed Position:

- # Forward Chasse**                      fwd chasse to SCP                      Forward Chasse to Semi-Closed  
SQ&Q;                      FWD TRN, -, SD/CL, SD;  
(BK TRN, -, SD/CL, SD;)

**MAN:** Forward right commence turn to face, -, side left/close right, side left turning to Semi-Closed Position;

**WOMAN:** Back left commence turn to face, -, side right/close left, side right turning to Semi-Closed Position;

2. From Semi-Closed Position to Banjo Position:

- # Thru Chasse**                      thru chasse to BJO                      Thru Chasse to Banjo  
SQ&Q;                      THRU TRN, -, SD/CL, SD;

**MAN:** Thru right commence turn to face, -, side left/close right, side left to Banjo Position;

**WOMAN:** Thru left commence turn to face, -, side right/close left, side right to Banjo Position;

3. From Semi-Closed Position to Semi-Closed Position:

- # Thru Chasse**                      thru chasse to SCP                      Thru Chasse to Semi-Closed  
SQ&Q;                      THRU TRN, -, SD/CL, SD;

**MAN:** Thru right commence turn to face, -, side left/close right, side left to Semi-Closed Position;

**WOMAN:** Thru left commence turn to face, -, side right/close left, side right to Semi-Closed Position;

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4. From Closed Position to Banjo Position:

**# Turn Left & Right Chasse** trn L & R chasse to BJO

Turn Left & Right Chasse to Banjo

SQ&Q; FWD, -, SD TRN/CL, SD;  
(BK, -, SD TRN/CL, SD;)

**MAN:** Forward left commence left face upper body turn, -, side right continue turn left face/close left, side right complete turn to Banjo Position;

**WOMAN:** Back right commence left face upper body turn, -, side left continue turn left face/close right, side left complete turn to Banjo Position;

**NOTE:** Figure may be danced forward, sideward or backward, turned or curved left or right, starting and ending in the same or different positions. Rhythm may vary, particularly in mixed rhythm dances.

**# Forward Forward/Lock Forward** fwd fwd/lk fwd Forward Forward/Lock Forward

SQ&Q; FWD, -, FWD/LK, FWD;  
(BK, -, BK/LK, BK;)

**MAN:** In Banjo Position forward right, -, forward left/lock right in back of left, forward left;

**WOMAN:** In Banjo Position back left, -, back right/lock left in front of right, back right;

**# Forward Run Two** fwd run 2 Forward Run Two

SQQ; FWD, -, FWD, FWD;  
(BK, -, BK, BK;)

**MAN:** Forward, -, forward, forward;

**WOMAN:** Back, -, back, back;

**NOTE:** May begin with either foot. Three passing steps in one measure.

**# Hover** hvr Hover

SQQ; FWD, -, FWD & SD RISE, SD & FWD;  
(BK, -, BK & SD RISE, SD & FWD;)

**MAN:** In Closed Position forward left, -, forward and slightly side right rising to ball of foot, side and slightly forward left to tight Semi-Closed Position;

**WOMAN:** In Closed Position back right, -, back and slightly side left rising to ball of foot, side and slightly forward right to tight Semi-Closed Position;

**NOTE:** Partners may brush free foot to supporting foot on second step. May start in Banjo Position. When starting in Banjo, dancers blend to Closed Position during the first step.

1. **# Back Hover** bk hvr Back Hover [to ending position]

SQQ; BK, -, SD & BK RISE, REC;  
(FWD, -, SD & FWD RISE & BRUSH, REC;)

**MAN:** Back, -, side and back with a slight rise, recover;

**WOMAN:** Forward, -, side and forward with a slight rise & brush free foot to supporting foot, recover;

**NOTE:** May start with either foot. Starting and ending positions may vary and the woman may have a turn on the second step [example: from Banjo Position with Man's left and Woman's right foot free "Back Hover to Semi-Closed"].





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### # Maneuver

SQQ;

manuv

Maneuver

FWD TRN, -, SD, CL;  
(FWD, -, SD, CL;)

**MAN:** Commence right face turn forward right, -, continue right face turn to face partner side left, complete turn close right;

**WOMAN:** Small forward left, -, side right, close left;

**NOTE:** A right face turning figure to end in Closed Position man facing Reverse Line of Progression with man's left and woman's right foot free. Usually starts in Semi-Closed Position but may be done from Banjo or Closed Position. In Closed Position, woman's first step is back commencing a right face turn.

### # Right Face Turn

SQQ; SQQ;

RF trn

[#] Right Turns

BK TRN, -, SD, CL; FWD TRN, -, SD, CL;  
(FWD TRN, -, SD TRN, CL; BK TRN, -, SD TRN, CL;)

**MAN:** Back left commence up to 1/4 right face turn, -, side right toward Line of Progression continue turn up to 1/4 right face, complete turn close left; forward right commence up to 1/4 right face turn, -, side left diagonally across Line of Progression continue turn up to 1/4 right face, complete turn close right;

**WOMAN:** Forward right commence up to 1/4 right face turn, -, side left diagonally across Line of Progression continue turn up to 1/4 right face, complete turn close right; back left commence up to 1/4 right face turn, -, side right toward Line of Progression continue turn up to 1/4 right face, complete turn close left;

**NOTE:** Closed Position throughout. May end in designated position. Total amount of turn over 2 measures is from 3/4 to 1 full turn.

### # Slip Pivot

SQQ;

slp pvt

Slip Pivot

BK, -, BK TRN, FWD;  
(BK TRN, -, FWD TRN, BK;)

**MAN:** Back left, -, back right commence left face turn [keeping left leg extended], forward left;

**WOMAN:** Back right commence left face pivot on ball of foot [thighs locked left leg extended], -, forward left complete left face turn placing left foot near man's right foot, back right;

**NOTE:** Begins in Semi-Closed Position that usually ends in Banjo.

### # Spin Turn

SQQ;

spn trn

Spin Turn

BK PVT, -, FWD RISE, SD & BK;  
(FWD PVT, -, BK RISE BRUSH, SD & FWD;)

**MAN:** Commence right face upper body turn back left toe pivoting 1/2 right face to face Line of Progression, -, forward right between woman's feet heel to toe continue right face turn keeping left leg extended back and side, complete turn side and back left;

**WOMAN:** Commence right face upper body turn forward right between man's feet heel to toe pivoting 1/2 right face, -, back left toe continue turn brush right to left, complete turn side and forward right;

**NOTE:** Usually starts from Closed Position Reverse Line of Dance. Basic figure turns 5/8 right face [e.g., starting facing Reverse Line of Dance, ends facing Diagonal Line and Wall]. However, the amount of turn may vary from 1/2 to 7/8 and is completed between the second and third steps. Spin Overturn is the Preferred Cue Term for when the figure turns 7/8 right face. Preferred Cue Term for turns of 1/2 and 3/4 are Spin Turn [to ending facing direction].



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