

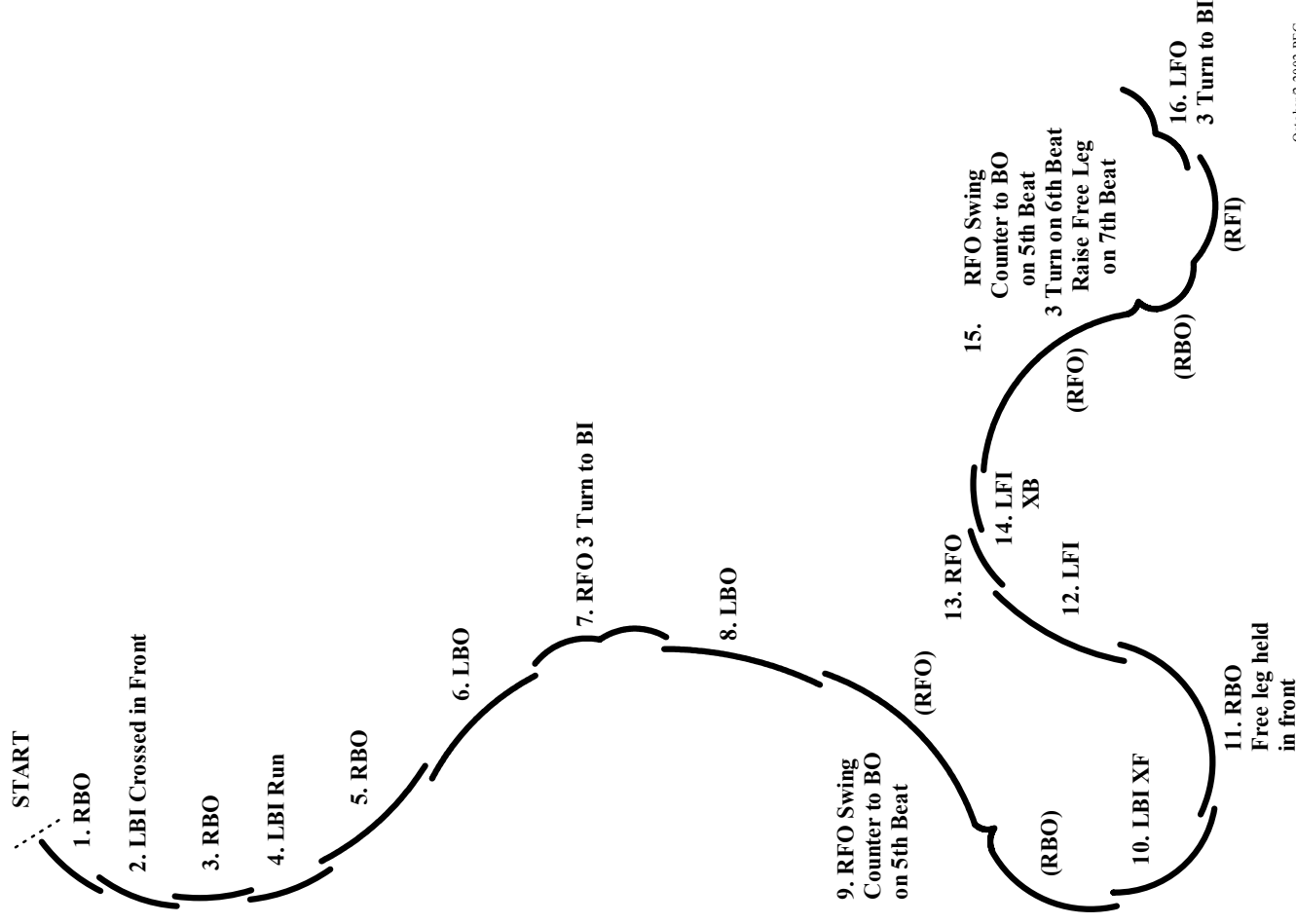
FEDERATION FOXTROT

Jackie Terenzi

Music: Foxtrot 4/4 Tempo 96

Pattern: Set

| Steps | Beats |
|-------|----------------------|
| 1. | RBO |
| 2. | LBI Crossed in Front |
| 3. | RBO |
| 4. | LBI Run |
| 5. | RBO |
| 6. | LBO |
| 7. | RFO |
| 8. | LBO |
| 9. | RFO |
| 10. | LBI |
| 11. | RBO |
| 12. | LFI |
| 13. | RFO |
| 14. | LFI |
| 15. | RFO |
| 16. | LFO |



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