

FEDERATION FOXTROT (Cadet)

Modified for solo dance ONLY

MUSIC: Foxtrot 2/4
PATTERN: Set

TEMPO: 96 beats per minute
START: Step1, Count #1

DANCE NOTES

- a) 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.
- b) Step (6) Left Back Outside is followed by step (7) Right Forward Outside 3 turn.
- c) 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.
- d) Steps (10, 11 & 12) should be strong edges curving around the bottom of the rink, aimed toward the centre.
- e) Step (11) Hold the free leg still and out on this 4 beat edge.
- f) 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**
- g) Step (16) Left Forward Outside 3 Turn. Do not overturn otherwise you will impede restart edges.

GENERAL

When skating SOLO DANCE good timing is expected while showing the character of the rhythm. Very good skating skills will help in achieving the overall flow, while executing the fundamentals and technical requirements of the dance. Good posture baseline and carriage should be maintained at all times. A much higher reward will be given to the skater who "skates" the dance and has mastered all components as opposed to the skater who simply steps through the dance and shows very poor skating skills.

FEDERATION FOXTROT (Cadet)**List of Steps:**

No	Description	Beats
1	ROB	1
2	LIB Crossed in Front	1
3	ROB	1
4	LIB Run	1
5	ROB	2
6	LOB	2
7	ROF 3 Turn to BI	2
8	LOB	2
9	ROF Swing Counter to RBO on 5 th Beat	6
10	LIB Crossed in Front	2
11	ROB Free Leg Held in Front	4
12	LFI	2
13	ROF	1
14	LIF Crossed Behind	1
15	ROF Swing Counter to ROB on 5 th Beat, 3 Turn to RIF on 6 th Beat Lift Free Leg on 7 th Beat	8
16	LOF 3 Turn to LIB	2

FEDERATION FOXTROT

For Solo Dance

