



## American Style Foxtrot

Foxtrot has 2 rhythms –Basic & box

Basic count- Slow, slow, quick, quick

Box count- Slow, quick, quick, slow, quick, quick

Steps- Basic rhythm

1. Basic and zig-zag
2. Rock turn
3. Promenade walk
4. Promenade walk with underarm turn
5. Grapevine- 4, 6, or 8 count

Steps- Box Rhythm

6. Twinkle
7. Check & underarm turn