FOXY FOXTROT

DANCE BY   NANCY & DEWAYNE BALDWIN
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NOV- MAR   1341 WEST BUSINESS 83 LOT 571   ALAMO, TX 78516   956-781-5459
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RECORD   BLUE STAR 2381 "TROT THE FOX"   ARTIST   HOUSTON STARS
FOOT WORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED   SPEED: 42
RHYTHM   FOXTROT PH IV   DATE 8-2011
SEQUENCE   A   B   A   B   C   END

INTRO

1-2   CP LOD; DIP & REC;
Wait; Bk L,-, rec R,-;

PART A

1-4   CP LOD FWD RUN 2; 3 STP; 2 L TRNS CP WL;;
Fwd L,-, fwd R, fwd L; Fwd R,-, fwd L, fwd R; Fwd L trn,-, sd R, cl L;
Bk R trn,-, sd L, cl R;

5-8   HVR; PU SCAR; X HVR BJO; X HVR SCAR;
Fwd L,-, fwd & sd R rise, rec L; Fwd R,-, fwd L, cl R SCAR;
XLif,-, sd & fwd R rise, fwd & sd L; XRif,-, sd & fwd L rise, fwd & sd R;

9-12   X HVR SCP; I/O RUNS;; MANUV;
XLif,-, sd & fwd R rise, fwd & sd L; Fwd R & trn,-, sd & bk L, bk R;
Bk L & trn,-, sd & fwd R trn, fwd L; Fwd R trn,-, fwd L trn, cl R CP RLOD;

13-16   1 RT TRN CP LOD; FWD RUN 2; 2 L TRNS CP WL;;
Bk L trn,-, sd R, cl L; Fwd R,-, fwd L, fwd R; Fwd L trn,-, sd R, cl L;
Bk R trn,-, sd L, cl R;

PART B

1-4   WSK; X HES; CL IMP; FEA FIN;
Fwd L,-, fwd & sd R, XLib; Thru R,-, trn tch L,-; Bk L,-, heel trn, sd & bk L;
Bk R,-, sd & fwd L, XRif;

5-8   TELE TO SCP; MANUV; SPN TRN; BOX FIN;
Fwd L trn,-, fwd R trn, sd & fwd L; Fwd R trn,-, fwd L trn, cl R CP RLOD;
Bk L pvt,-, fwd R rise, sd & bk L; Bk R trn,-, sd L, cl R;

PART C

1-4   DIA TRN ½ ;; QK DIA 4 CP LOD; DIP & REC;
Fwd L,-, sd R, bk L; Bk R,-, sd L, fwd R; Fwd L, sd R, bk L, bk R; Bk L,-, rec R,-;

5-8   FWD RUN 2;MANUV; OVR SPN TRN CP WL; BK ½ BOX;
Fwd L,-, fwd R, fwd L; Fwd R trn,-, fwd L trn, cl R CP RLOD; Bk L pvt,-,
fwd R rise, sd & bk L CP WL; Bk R,-, sd L, cl R;

END

1-4   SCP FWD RUN 2; PU RUN 2; PROG BOX;;
Fwd L,-, fwd R, fwd L; Fwd R,-, fwd L, fwd R; Fwd L,-, sd R, cl L;
Fwd R,-, sd L, cl R;

5-8   TELE TO SCP; THRU CHASSE SCP; THRU FC CL; SD CORTE;
Fwd L trn,-, fwd R trn, sd & fwd L; Thru R,-, sd L/cl R, sd L; Thru R,-, sd L, cl R;
Sd L,-, melt look R LOD,-;