

LESSON FOUR: RHYTHM FOXTROT

Objectives

Grade	Objective
6 - 8	<ul style="list-style-type: none">➤ Demonstrate two figures in the Rhythm Foxtrot to music with a partner.➤ Explain the lead on the Promenade.➤ Explain the differences between the roles of the lead and follow.
9 - 12	<ul style="list-style-type: none">➤ Demonstrate all figures to music with a partner.➤ Explain the lead in the underarm turn on the Promenade.➤ Explain the difference between a step and a tap➤ Explain the importance of the lead taking small steps on the Rock Turn.

Lesson Summary

🎵 Suggested Music

In this lesson the class will learn the basic steps in the Rhythm Foxtrot. The Foxtrot is a 'Smooth' or 'Ballroom' dance created by Harry Fox, a vaudeville comedian, in 1913. It became America's most popular dance and remains so to this day as the standard of social dances.

Warm Up

🕒 15 minutes

- (a) Walks forward
- (b) Walks back
- (c) Side steps to left
- (d) Side steps to right
- (e) Step taps
- (f) Chasses to the right and left

This exercise is important as it first shows that if you can walk you can dance. It also helps the students to understand the transference of weight from one foot to the other.

Activity 1: Basic Step

🕒 10 minutes

Pair the class, and arrange in a large circle, as this is a traveling dance. One of the rules of Ballroom dancing is to travel anti clockwise around the ballroom.

Note that a count of 'slow' is equivalent to two beats of music, and a count of 'quick' one beat of music.

A) BREAKDOWN: FOXTROT BASIC

Count	Leader	Follower
	Start facing partner with weight on right foot with Double Hand or Ballroom hold	Start facing partner with weight on left foot with Double Hand or Ballroom hold
Slow	Left foot forward	Right foot back
Slow	Right foot forward	Left foot back
Quick	Step side on the left foot	Step side on the right foot
Quick	Close right foot to left foot	Close left foot to right foot
Slow	Left foot back	Right foot forward
Slow	Right foot back	Left foot forward
Quick	Left foot to the side	Right foot to the side.
Quick	Right foot closes to left foot	Left foot closes to right foot

B) PRACTICE: FOXTROT BASIC



Practice to music. Traveling anti-clockwise around the room – rotate partners every two or three Basics.

Ballroom Hold:

Leader takes the follower right hand in his left and places his right hand on their partner's right shoulder blade while they place their left arm on the leader's upper arm or shoulder.

Ballroom Hold

Activity 2: Step Taps

🕒 10 minutes

The Step Taps are a sideways movement transferring weight from one foot to the other. On the taps the foot is ready to step to the side again, as this is a touch to the floor without weight.

This movement needs to be fairly soft so the bending of the knees is essential.

A) BREAKDOWN: STEP TAPS

Count	Leader	Follower
	Face partner with weight on right foot in Double Hand or Ballroom hold	Face partner with weight on left foot in Double Hand or Ballroom hold
Quick	Left foot side.	Right foot side.
Quick	Tap right foot to left foot without weight.	Tap left foot to right foot without weight.
Quick	Side right foot.	Side right foot
Quick	Tap left foot to right foot without weight.	Tap right foot to left foot without weight
Quick	Side Left foot.	Right foot side
Quick	Right closes to left foot.	Left foot closes to right foot

B) PRACTICE: STEP TAPS

Practice to music, rotating partners frequently.

Note that the figure finishes with a 'close' of the right foot to the left foot, so when repeating this step, it is important to keep track of the count: say "step-tap, step-tap, step-CLOSE, step-tap, step-tap, step-CLOSE"

C) PRACTICE: BASIC & STEP TAPS

To music, rotating partners after every twice through

- (a) Two Basics
- (b) Two Step Taps
- (c) Repeat from (a)

Activity 3: Promenade

🕒 10 minutes



The Promenade is a traveling step with both partners dancing side by side in the direction that their joined hands are pointing (i.e around the circle traveling anti-clockwise).

On the first step, both partners turn slightly to face the way they will walk – forming a ‘V’ with their shoulders.

Promenade Hold, facing the Direction of Travel

A) BREAKDOWN: PROMENADE

The “direction of travel” is the circle around the room that the couples are moving in.

Count	Leader	Follower
	Face partner with weight on right foot in Ballroom hold	Face partner with weight on left foot in Ballroom hold
Slow	Turn slightly to the left (towards the direction of travel) Left foot forward to the side, along the direction of travel	Turn slightly to the right (towards the direction of travel) Right foot forward to the side, along the direction of travel
Slow	Right foot steps across, along the direction of travel	Left foot steps across, along the direction of travel
Quick	Turn to face partner. Left foot to the side.	Turn to face partner. Right foot to the side.
Quick	Right foot closes to left foot to end in starting position	Left foot closes to right foot to end in starting position

B) PRACTICE: PROMENADE

Practice just the Promenade to music, rotating partners frequently.

C) PRACTICE: BASIC, STEP TAPS & PROMENADE

To music, rotating partners after every twice through

- (a) Two Basics
- (b) Two Step Taps
- (c) Two Promenades

(d) Repeat from (a)

D) BREAKDOWN: PROMENADE TURN

The promenade can be made slightly more advanced by adding in an underarm turn for the follower.

Count	Leader	Follower
	Footwork as for Promenade	
Slow	Raise left arm	As for Promenade
Slow	Turn the follower under the raised arm by stirring with the left hand, and pushing slightly with the right hand on the shoulder blade.	Step across onto left foot as for Promenade, but then spin on the left foot all the way round to the right (clockwise) to end facing partner
Quick	Take hold again.	Step to side as for Promenade
Quick	Close as for Promenade	Close as for Promenade

E) PRACTICE: BASIC, STEP TAPS, PROMENADE & PROMENADE TURN

To music, rotating partners after every twice through

- (a) Two Basics
- (b) Two Step Taps
- (c) Promenade
- (d) Promenade Turn
- (e) Repeat from (a)

Activity 4: Rock Turn

🕒 5 minutes

Used for turning at the corners of the room, the Rock Turn is a slightly more advanced figure.

A) BREAKDOWN: ROCK TURN

The leaders need to take a small step to the side, as they are on the inside of the turn

Count	Leader	Follower
	Face partner with weight on right foot in ballroom dance hold	Face partner with weight on left foot in ballroom dance hold
Slow	Left foot forward	Right foot back
Slow	Replace right foot back. Turn shoulders to the left	Replace left foot forward. Turn shoulder to the left
Quick	Turn ¼ turn to left Left foot to the side (small step)	Turn ¼ turn to left Right foot to the side (big step)
Quick	Right foot closes to left foot to end facing partner	Left foot closes to right foot to end facing partner

A) PRACTICE: ROCK TURN

To music, rotating partners.

B) PRACTICE: BASIC, STEP TAPS, PROMENADE & PROMENADE TURN, WITH ROCK TURN

To music. Rotate partners infrequently. The Rock Turn can be inserted at the leader's discretion into any part of the routine, in order to change direction at a corner, or to avoid another couple.

- (a) Two Basics
- (b) Two Step Taps
- (c) Promenade
- (d) Promenade Turn
- (e) Repeat from (a)