

Foxtrot — Figure Descriptions

Feather Step

Start:
Finish:
//Timing: //

Three Step

Start:
Finish:
//Timing: //

Natural Turn

Start:
Finish:
//Timing: //

Reverse Turn(Including Feather Finish)

Start:
Finish:
//Timing: //

Change of Direction

Start:
Finish:
//Timing: //

Basic Weave

Start:

Finish:

//Timing: //

Reverse Wave

Start:

Finish:

//Timing: //

Closed Impetus Turn and Feather Finish

Start:

Finish:

//Timing: //

Natural Weave

Start:

Finish:

//Timing: //

Weave from Promenade Position

Start:

Finish:

//Timing: //

Hover Feather

(ISTD only)

Start:

Finish:

//Timing: //

Hover Telemark

Start:

Finish:

//Timing: //

Natural Telemark

Start:

Finish:

//Timing: //

Natural Twist Turn

Start:

Finish:

//Timing: //

Top Spin

Start:

Finish:

//Timing: //

Double Reverse Spin

Start:

Finish:

//Timing: //

Closed Telemark

Start:
Finish:
//Timing: //

Open Telemark and Feather Ending

Start:
Finish:
//Timing: //

Open Natural Turn

Start:
Finish:
//Timing: //

Outside Swivel

Start:
Finish:
//Timing: //

Natural Zig Zag from Promenade Position

Start:
Finish:
//Timing: //

Hover Cross

Start:
Finish:
//Timing: //

Curved Feather to Back Feather

Start:
Finish:
//Timing: //

Open Impetus

Start:
Finish:
//Timing: //

Hover Telemark to Promenade Position

Start:
Finish:
//Timing: //

Fallaway Reverse and Slip Pivot

Start:
Finish:
//Timing: //

Natural Hover Telemark

Start:
Finish:
//Timing: //

Bounce Fallaway with Weave Ending

Start:
Finish:
//Timing: //

Outside Spin

Start:

Finish:

//Timing: //

Heel Pull Finish

(WDSF only)

Start:

Finish:

//Timing: //

Whisk

(WDSF only)

Start:

Finish:

//Timing: //

Back Whisk

(WDSF only)

Start:

Finish:

//Timing: //

Double Reverse Spin

(WDSF only)

Start:

Finish:

//Timing: //

Curved Three Step

(WDSF only)

Start:

Finish:

//Timing: //

Curved Feather from PP

(WDSF only)

Start:

Finish:

//Timing: //

Quick Open Reverse

(WDSF only)

Start:

Finish:

//Timing: //

Extended Reverse Weave

(WDSF only)

Start:

Finish:

//Timing: //

Reverse Pivot

(WDSF only)

Start:

Finish:

//Timing: //

Hover Corte

(WDSF only)

Start:

Finish:

//Timing: //

Progressive Chasse to Right

(WDSF only)

Start:

Finish:

//Timing: //

From:

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