

count	song	man	lady
<b>FOXTROT</b>			
<b>feather step</b>			
s	down	rf forward	lf back
q	up	lf forward, preparing to step outside	rf back
q	up	rf forward outside lady	lf back
<b>reverse turn check</b>			
s	turn	lf forward turning strongly left	rf back turning strongly left
q	up	completing turn, rf to side	turn on heel of rf pulling lf beside rf
q	up	lf back	rf forward on ball of foot
s	check	rf back	lf forward
<b>extended weave</b>			
q	1	transfer weight forward to lf	transfer weight back to rf
q	2	turning to left, rf to side	turning to left, lf to side
q	3	lf back down lod, partner outside	rf forward down lod outside partner
q	4	rf back down lod	lf forward down lod
q	5	lf back down lod, partner outside	rf forward down lod outside partner
q	6	rf back, turning left to face wall	lf forward, turning left
q	7	lf to side pointing diagonally to wall	rf to side
q	8	rf forward outside lady	lf back
<b>three step</b>			
s	down	lf forward, in line with lady	rf back
q	down-up	rf forward	lf back
q	up-down	lf forward	rf back
<b>feather step</b>			
s	down	rf forward	lf back
q	up	lf forward, preparing to step outside	rf back
q	up	rf forward outside lady	lf back
<b>change of direction</b>			
s	one	lf forward	rf back
s	two	rf forward, then turn to left	lf back, then turn left
s	three	lf forward in new direction	rf back in new direction