

# SWING FOXTROT

Originated by: Hans Jurgen Schamberger

Music: Foxtrot 4/4  
Hold: Foxtrot

Tempo: 104 Beats  
Pattern: Set

## *Notes:*

It is danced throughout in Foxtrot position.

The dance starts at the end of the rink, with runs followed by two 2 beat cross rolls steps 4 and 5.

The cross rolls should be skated at a distance from the barrier to allow for the Cross Roll Swing (step 6) to be skated on a good outside edge towards the barrier.

This is followed by a run ( step 7 and 8), followed by a two beat edge on step 9.

Step 10 is a Cross Roll Swing, followed by run steps 11, 12 and 13.

Steps 14 and 15 are good two beat inside edges struck from the inside of the employed foot, followed by step 16 which is a RFO four beat outside edge to end the dance.

On small rinks steps 11 to 14 are to be skated with deep edges and a small radius, in order to keep the pattern in the correct position.

Attention should be paid to steps 6 and 10, the Cross Roll Swing, where the free leg is swung through with a good stretched leg.

## Attention points:

- Respect of required position
- The Cross Roll, steps 4,5,6 & 10 must be done with good edges and inclination of the body.
- Pay attention to correct execution of inside edges of steps 14 & 15.

List of Steps:

Hold	Steps	Man	Lady	Beats
Foxtrot	1	LFO Run	LFO Run	1
	2	RFI Run	RFI Run	1
	3	LFO Run	LFO Run	2
	4	Cross Roll –RFO	Cross Roll –RFO	2
	5	Cross Roll - LFO	Cross Roll - LFO	2
	6	Cross Roll – RFO – Swing	Cross Roll – RFO – Swing	4
	7	LFO Run	LFO Run	1
	8	RFI Run	RFI Run	1
	9	LFO Run	LFO Run	2
	10	Cross Roll – RFO Swing	Cross Roll – RFO Swing	4
	11	LFO	LFO	1
	12	RFI Run	RFI Run	1
	13	LFO	LFO	2
	14	RFI	RFI	2
	15	LFI	LFI	2
	16	RFO – Swing	RFO – Swing	4

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