

# Foxtrot – Man's Steps

Ladies Heel Turn to left:

Step 6 -(RF back, pull L heel to R heel, swivel L on RF to face LOD, Raise up onto ball of LF. Step 7 – Slip RF forwards (small step) on ball of Rf then lower the heel. Step 8 – LF forwards on heel

## Steps 1-5 Forwards

L R L R L  
S S Q Q S  
HT HT T TH H  
OP

## Steps 6-8 Backwards

6 – turn L staying close to lady and place IE of ball of RF on LOD.

R L R  
Q Q S  
T T TH

## Abbreviations:

OP = Outside partner  
HT = Heel then toe  
IE = Inside edge

## Steps 9-14 forwards

L R L R L R  
Q Q S Q Q S  
T TH H H TH H  
OP

## Steps 15-17 backwards

L R L  
Q Q S  
T T TH

**Ladies Heel Turn to right**  
As given for heel turn to left but on opposite foot. (LF back, raise onto RF then LF forwards (TH))

## Step 18

Hesitation in corner  
RF side  
drawing IE of LF to RF

