



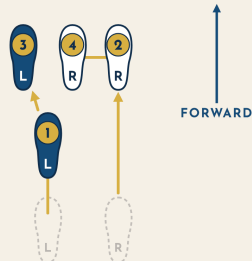
Foxtrot Basic: Practice Sheet

AMERICAN SOCIAL FOXTROT · BEGINNER · BALLROOMBYAMY.COM

The count: Slow = 2 beats · Quick = 1 beat · one basic = **slow, slow, quick, quick** = 6 beats. Count "1-2, 3-4, 5, 6" and step on 1, 3, 5 and 6.

LEADER · FORWARD BASIC

Starts on the left foot, moving forward



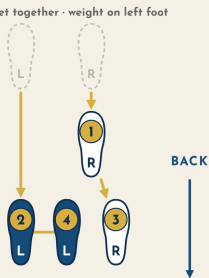
- 1 **SLOW** Left foot forward
- 2 **SLOW** Right foot forward
- 3 **QUICK** Left foot to the side
- 4 **QUICK** Right foot closes to left

Leader (starts left foot, forward)

#	Foot	Direction	Timing	Remember
1	Left	Forward	Slow (1-2)	Heel arrives first, like a confident walk
2	Right	Forward, passing left	Slow (3-4)	Travel smoothly, head level
3	Left	Small step to the side	Quick (5)	About hip width, no bigger
4	Right	Close to left	Quick (6)	Full weight change: left foot is free

FOLLOWER · BACK BASIC

Starts on the right foot, moving back



- 1 **SLOW** Right foot back
- 2 **SLOW** Left foot back
- 3 **QUICK** Right foot to the side
- 4 **QUICK** Left foot closes to right

Follower (starts right foot, back)

#	Foot	Direction	Timing	Remember
1	Right	Back	Slow (1-2)	Reach back with the toe first
2	Left	Back, passing right	Slow (3-4)	Keep gentle tone in your arms
3	Right	Small step to the side	Quick (5)	About hip width, no bigger
4	Left	Close to right	Quick (6)	Full weight change: right foot is free

Five-minute practice

1. Count out loud and clap on 1, 3, 5, 6.
2. Walk your part alone, no music, saying "slow, slow, quick-quick."
3. Dance along with the slow practice track (84 beats per minute).
4. Try the dance-tempo track (116). If it falls apart, go back to slow.

Check yourself: ☐ slows take two full beats ☐ quicks stay small ☐ weight fully changes on the close ☐ head level, frame steady