

Pre-Bronze Foxtrot

Long-side

Timing

Long Wall (Start facing Diagonal Center)

7,8

Prep Step

S

Feather Step

SQQ

Reverse Turn (incorporating Feather Finish)

SQQ, SQQS

Three Step

QQ

Natural Turn

SQQ, SS

Restart

Optional Step in Corners:

Closed Impetus and Feather Finish

SQQ, SQQS