



# Pre-Bronze Foxtrot

## Long-side

## Timing

Prep Step	S 7,8
Quarter Turn to the Right	SQQS
Progressive Chasse	SQQS
Forward Lock	SQQS
Quarter Turn to the Right	SQQS
Progressive Chasse	SQQS
Forward Lock	SQQS
Natural Turn	SQQSS
Chasse Reverse Turn	SQQ
Progressive Chasse	SQQS
Forward Lock	SQQS
INTO SHORT SIDE	
Natural Spin Turn	SQQ, SSS
Progressive Chasse	SQQS
Forward Lock	SQQS
Natural Spin Turn	SQQ, SSS
REPEAT	