



PACIFIC BALLROOM DANCE

BRONZE 1 - FOXTROT

Long Side

Long side - Facing DC

Preparation Step

S

Facing DC

Feather Step

SQQ

Facing DC

Reverse Turn - Incorporating Feather Finish

SQQ,SQQ

F DC, E DW

Three Step

SQQ

F DW

Natural Turn - Incorporating heel pull

SQQ, SS

F DW, E DC

Feather Step

SSQQ

F DC

Reverse Turn - Incorporating Feather Finish

SQQ, SQQ

F DC, E DW

Three Step

SQQ

F DW

Natural Turn - Incorporating Heel pull

SQQ, SS

F DW, E DC New LOD

Short Side

Feather Step

SSQQ

F DC

1-4 Reverse turn backing DW New LOD

SQQS

F DC End Back DW

Basic Weave

QQQQQQ

F DC, E DW

Three Step

SQQ

F DW, E DW

Natural Turn - Incorporating Heel Pull

SQQ,

DW , E DC NEW LOD

Restart

Note: Every turn for Lady has a Heel Turn

*Based of ISTD Syllabus