



BRONZE 2 - FOXTROT

Long Side

| | <u>Timing</u> | <u>Alignment</u> |
|--|---------------|-------------------------------------|
| Prep Step | 7,8(S) | F DC |
| Feather Step | SQQ | F DC |
| Reverse Turn (Incorporating Feather Finish) | SQQ,SQQ | F DC, E DW |
| Three Step | SQQ | F DW |
| Natural Weave | SQQQQQQ | FDW, E Back DW F DC ag LOD to DW |
| Three Step | SQQ | |
| Natural Turn (Incorporating heel pull) | SQQ, SS | F DW, E DC New LOD |

Option: after 1-3 natural turn - Closed Impetus feather finish directly into 1-4 reverse turn.

Short Side

| | | |
|---------------------|--------|------------------------|
| Feather Step | SSQQ | F DC |
| 1-4 Reverse Turn | SQQ, S | F DC, E backing DW |
| Basic Weave | QQQQQQ | Facing DC ag LOD, E DW |
| Change of Direction | SS | |

Restart

*Based on ISTD Syllabus