



GOLD FOXTROT- SIDE 1

| <u>Long Side</u> | <u>Timing</u> | <u>Alignment</u> |
|-------------------------------------------------------------------------------|---------------------------|--------------------------------------------------|
| LF Prep Step - if starting w/ side 2 | S | F DW |
| Feather Step | SQQ | F DW |
| Bounce Fallaway w/weave ending | S&QQ, QQQQ | F DC, E DW |
| Three Step | SQQ | F DW |
| Natural Twist Turn- Open Impetus ending | SQ&Q, QQ | F DW, E DC |
| Weave From P.P. | SQQQQQQ | F DC, E F DW |
| Three Step | SQQ | F DW, |
| <u>Into Short Side</u> | | |
| Curved Feather | SQQ | F DW, B DW NEW LOD |
| Open Impetus feather finish | SQQ, SQQ | Pointing DC New LOD |
| Fallaway Reverse Slip Pivot Change of Direction | QQQQ, SS (S) | Facing DC Along short side to Feather new LOD |
| <u>Optional Endings after Open Impetus feather finish</u> | | |
| 1) 1-3 Reverse Turn Wave heel pull ending | SQQ, SQQ, SS | Side DC, B LOD B LODend Facing DC |
| 2 Fallaway Reverse Slip Pivot Three Step and Natural Hover Telemark | SQ&Q SQQ, SQQS, QQS | F DC, F DW, F DW End F DW new LOD |

Restart

*Optional endings and Sides are provided to Challenge students knowledge of material and versatility. This Stacking system will improve Lead/ Follow, Floor Craft and overall technical Skill.



GOLD FOXTROT- SIDE 2

| <u>Long Side</u> | <u>Timing</u> | <u>Alignment</u> |
|-----------------------------------------|---------------|----------------------|
| Prep Step | 3,4 or 7,8 | F DC |
| Feather Step | SQQ | F DC |
| Open Telemark | SQQ | F DC, Pointing DW |
| Natural Zig Zag | SQQQQ | Facing DW, Ending DW |
| Three Step | SQQ | F DW |
| Natural Twist Turn hover feather ending | SQ&Q, SQQ | F DW, E Pointing DC |
| Fallaway Reverse Slip Pivot | SQQ& | F DC, E F DW |
| Three Step | SQQ | F DW |
| <u>Into Short Side</u> | | |
| Natural Twist Turn to Weave Ending | SQ&Q, SQQQQQQ | F DW. F DW New LOD |
| Hover Telemark to P.P. | SQQ | F DW, E Pointing DW |
| Curved Feather to Back Feather | SQQ | F DW. E B LOD |
| Basic Weave (INTO CORNER) | SQQQQQQ | B DW, E DC new LOD |
| Change of Direction | SQQ(S) | F DW new LOD, E DC |

Restart

*Based on ISTD Syllabus