



PACIFIC BALLROOM DANCE

## NEWCOMER - FOXTROT

### Long Wall - Start facing LOD

#### Pattern

Prep Step

Feather

Three Step

Feather

Reverse Turn (incorporating Feather Finish)

Change of Direction

Restart

#### Timing

S (7,8)

SQQ

SQQ

SQQ

SQQ, SQQ

SS

#### **Notes.**

Feather and Three Steps can be added as needed to fit floor.

**FOCUS:** FRAME, FOOTWORK, TIMING

**Warm Up** - Continuous Feather step Three Step

**Goals:** Some understanding of outside partner

Helicopter Rotation - CBM