



Foxtrot

Commence LOD	Timing
Prep Step	S (7,8)
Feather Step	SQQ
3 Step	SQQ
Repeat until corner	
Change of direction	SS

Jive

	Timing
2 Basic Links	123a4 5a6, 123a4 5a6
2 Fallaway Rocks	123a4 5a6, 123a4 5a6
Fallaway Throwaway	123a4 5a6
2 Hip Bumps	123a4 5a6, 123a4 5a6
Link	123a4 5a6