



PACIFIC BALLROOM DANCE

# SILVER FOXTROT - 1

## Long Side

## Timing

## Alignment

Prep Step

7,8

DC

Feather Step

SQQ

DC

Open Telemark,  
Feather Ending

SQQ, SQQ

DC to DW

Three Step

SQQ

F DW

1 -3 Natural Turn

SQQ

F DW,

Open Impetus

SQQ

B LOD, E DC

Weave From P.P.

SQQQQQQ

F DC, E DW

Three Step

SQQ

F DW

Hover Cross

SQQQQQQ

F DW, E DC New LOD

## Short Side

Open Telemark Feather Ending

SQQ, SQQ

F DC, E DW

Reverse Wave

SQQ, SQQ,SS

F DW end Back W

Feather Step

SSQQ

F DC new LOD

## **Restart**

Based on ISTD Syllabus



PACIFIC BALLROOM DANCE

## SILVER FOXTROT - 2

### Long Side

	<u>Timing</u>	<u>Alignment</u>
Prep Step	7,8	DC
*Feather Step	SQQ	DC
Open Telemark Feather Ending	SQQ, SQQ	DC, E DW
Hover Telemark	SQQ	DW to DC
Feather (outside partner	SQQ	DC
Reverse Wave	SQQ, SQQ	DC, E B DW
Open Impetus	SQQ	B DW. P DC
Weave from PP	SQQQQQQ	P DC, E DW
Change of direction	SS (add S) phrasing	DW to DC N LOD

### Short Side

Feather Step	SSQQ	F DC
Open Telemark, Natural turn, to Outside Swivel and Feather Ending	SQQ, SQQ SSQQ	F DC, F DC
Reverse Turn	SQQ, SQQ	DC to DW
Top Spin	QQQQ	DW To DW N LOD
Change of Direction	SS	DC Long Side

\* Feather restart will depend on alternate side and pattern used

### **Restart**