

Foxtrot Figures By Phase

Phase	Measures	Figure	Timing	Start Foot	Free Foot at End
3	1	Back Back Lock Back	SQ&Q	L	L
3	2	Box	SQQ SQQ	L	L
3	1	Box Finish	SQQ	R	L
3	4	Left Turning Box	SQQ SQQ SQQ SQQ	L	L
3	2	Progressive Box	SQQ SQQ	L	L
3	½	Chasse	Q&Q	L	R
3	1	Forward Chasse	SQ&Q	R	R
3	1	Thru Chasse	SQ&Q	R	R
3	1	Turn Left and Right Chasse	SQ&Q	L	L
3	1	Forward Forward Lock Forward	SQ&Q	R	R
3	1	Forward Run Two	SQQ	L/R	R/L
3	1	Hover	SQQ	L	R
3	1	Back Hover	SQQ	L/R	R/L
3	1	Cross Hover	SQQ	L/R	R/L
3	1	Forward Hover	SQQ	L	R
3	1	Hover Fallaway	SQQ	R	L
3	1	Thru Hover	SQQ	R	L
3	1	Impetus to Semi	SQQ	L	R
3	4	Interrupted Box	SQQ SQQ SQQ SQQ	L	L
3	2	Left Face Turn	SQQ SQQ	L	L
3	1	Maneuver	SQQ	R	L
3	2	Right Face Turn	SQQ SQQ	L	L
3	1	Slip Pivot	SQQ	L	R
3	1	Spin Turn	SQQ	L	R
3	1	Twisty Vine	SQQ	L	R
3	1	Vine	SQQ	L	R
3	1	Whisk	SQQ	L	R
3	1	Wing	SQQ	R	L
4a	1	Chair and Slip	SQQ	R	L
4a	1	Change of Direction	SS	L	L
4a	1	Cross Pivot	SQQ	R	L
4a	1	Develope	SS (SQQ)	L	R
4a	4	Diamond Turn	SQQ SQQ SQQ SQQ	L	L
4a	1	Drag Hesitation	SS	L	L
4a	1	Feather	SQQ	R	L
4a	1	Feather Finish	SQQ	R	L
4a	1	Hesitation Change	SS	L	L
4a	1	Hover Corte	SQQ	R	L
4a	1	Hover Telemark	SQQ	L	R
4a	2	In and Out Runs	SQQ SQQ	R	R
4a	1	Natural Hover Fallaway	SQQ	R	L
4a	1	Natural Turn ½	SQQ	R	L
4a	1	Outside Swivel	SS	L	R
4a	2	Pivot Right Face Double	SS SS	L	L

4a	1	Quick Diamond Four	QQQQ	L	L
4a	1	Slow Side Lock	SQQ	R	L
4a	1	Telemark to Semi	SQQ	L	R
4a	1	Three Step	SQQ	L	R
4a	2	Weave to BJO	SQQ SQQ	R	R
4a	2	Weave to Semi	SQQ SQQ	R	R
4b	1	Back Feather	SQQ	L	R
4b	1	Back Hover Telemark	SQQ	L	R
4b	1	Back Three Step	SQQ	R	L
4b	1	Back Whisk	SQQ	L	R
4b	1	Closed Impetus	SQQ	L	R
4b	1	Closed Wing	SQQ	R	L
4b	1	Cross Hesitation	SS (SQQ)	R	L
4b	1	Cross Swivel	SQQ	L	L
4b	1	Heel Pull	SS (SQQ)	L	L
4b	1	Left Whisk	SQQ	R	L
4b	2	Natural Turn	SQQ SQQ	R	R
4b	1	Open Natural Turn	SQQ	R	L
4b	1	Open Reverse Turn	SQQ	L	R
4b	1	Outside Change to BJO	SQQ	L	R
4b	1	Outside Change to Semi	SQQ	L	R
4b	1	Outside Check	SQQ	R	L
4b	½	Oversway	S	L	R
4b	1	Progressive Wing	SQQ	R	L
4b	1	Promenade Sway	SS	L	R
4b	2	Promenade Weave	SQQ QQQQ	R	L
4b	1	Reverse Fallaway from Closed	SQQ	L	R
4b	1	Reverse Fallaway from Semi	SQQ	R	L
4b	2	Reverse Turn	SQQ SQQ	L	L
4b	1	Reverse Turn ½	SQQ	L	R
4b	2	Reverse Wave	SQQ SQQ	L	L
4b	½	Right Lunge	S	R	L
4b	1	Telemark to BJO	SQQ	L	R
4b	1	Whiplash	SS	R	L
5	1	Back Curving Three Step	SQQ	R	L
5	1	Back Turning Whisk	SQQ	L	L
5	2	Check and Weave	SQQ QQQQ	R	L
5	½	Contra Check	S	L	R
5	1	Contra Check and Slip	SQQ	L	L
5	1	Contra Check and Switch	SQQ	L	L
5	1	Curved Feather	SQQ	R	L
5	1	Curving Three Step	SQQ	L	R
5	1	Double Reverse Spin	SQQ (SQ&Q)	L	L
5	1	Eros Line	SS	R	L
5	1	Forward Tipple Chasse	SQ&Q	R	R
5	1	Hairpin	SQQ	R	L
5	1	Hinge	SS (SQQ)	R	R
5	1	Hover Cross Ending	QQQQ	L	L
5	¼	Jete Point	&Q	L	L
5	½	Lilt	QQ		

5	½	Lilt Pivot	S&		
5	2	Mini Telespin	SQQ& QQS	L	L
5	2	Natural Fallaway Weave	SQQ QQQQ	R	L
5	1	Natural Fallaway Whisk	QQQQ	R	R
5	2	Natural Hover Cross	SQQ QQQQ	R	L
5	1	Natural Telemark	SQQ	R	L
5	2	Natural Weave	SQQ QQQQ	R	L
5	1	Outside Spin	SQQ	L	R
5	1	Quick Open Reverse	SQ&Q	R	R
5	1	Reverse Fallaway and Slip	QQQQ	L	L
5	1	Reverse Impetus	SQQ	R	L
5	1	Right Lunge Roll and Slip	SQQ	R	L
5	1	Right Turning Lock	Q&QS	R	R
5	1	Ripple Chasse	SQ&Q	R	R
5	1	Rising Lock	SQQ	R	L
5	1	Royal Spin	SQQ	L	R
5	1	Running Open Natural	SQ&Q	R	R
5	1	Syncopated Whisk	SQ&Q	R	R
5	1	Tipple Chasse	SQ&Q	L	L
5	1	Top Spin	& QQQQ	L	L
5	1	Turning Lock	Q&QS	R	R
5	1½	Zig Zag	SQQ QQ	R	L
6	1	Big Top	SQQ	R	L
6	1	Checked Natural and Slip	SQQ	R	L
6	1	Checked Reverse and Slip	SQQ	L	R
6	2½	Continuous Hover Cross	SQQ QQQQ QQ	R	L
6	2	Double Natural Spin	SQQ (SQQ&)	R	R
6	2	Double Reverse Overspin	SQQ& (SQ&Q&)	L	R
6	2	Double Telemark	SQQ Q&QS	L	R
6	1½	Left Feather	SQQ QQ	L	R
6	1	Link to Promenade	SQQ	R	R
6	1	Natural Twist Turn	SQQ SQQ	R	R
6	1	Pivot to Hairpin	SQ&Q	L	L
6	1	Reverse Corte	SQQ	R	L
6		Reverse Pivot	S/Q/&	R	L
6	1	Ronde and Slip	SQQ	L	L
6	½	Rudolph Ronde	S	R	L
6	1	Rudolph Ronde and Slip	SQQ	R	L
6	1	Rumba Cross	QQQQ	L	L
6	1	Running Hover	SQ&Q	R	R
6	1	Running Spin	SQ&Q	L	L
6	½	Same Foot Lunge	S	R	L
6	3	Spin and Double Twist	SQQ Q&QS Q&QS	L	R
6	2	Spin and Twist	SQQ Q&QS	L	R
6	2	Telefeather	SQQ Q&QQQ	L	L
6	2	Teleronde	SQQ Q&QS	L	R
6	2	Telespin to BJO	SQQ& QQS	L	R
6	2	Telespin to Closed	SQQ& QQS	L	R
6	2	Telespin to Semi	SQQ& QQS	L	R
6	1	Teleswivel	QQQQ	L	R

6	2¼	Three Fallaways	QQQQ QQQQ Q	L	R
6	½	Throwaway Oversway	S	L	R
6	1	Traveling Contra Check	SQQ	L	R
6	2	Traveling Hover Cross	SQQ QQQQ	R	L
6	1	Traveling Swivel	QQQQ	L	L
6	1	Tumble Turn	SQ&Q	R	R