

International Foxtrot – Silver/Gold Routine

Dance Bethesda

<u>Figure</u>	<u>Timing</u>
<i>Long Wall</i>	
1. Feather Step	SQQ
2. Open Telemark (overturnd to end LOD)	SQQ
3. Weave from PP	SQQQQQQ
4. Three Step	SQQ
5. Natural Twist Turn	SQ&Q SQQ
6. Reverse Turn	SQQ SQQ
7. 1-8 Reverse Wave (ends facing DC of new LOD)	SQQ SQQ SS
<i>Short Wall</i>	
8. Hover Feather	QQ
9. Open Telemark, Open Natural, Outside Swivel, Feather Ending	SQQ SQQ SSQQ
10. Closed Telemark	SQQ
11. Curved Feather	SQQ
12. Open Impetus	SQQ
13. Weave from PP (Waltz version)	SQQQQQQ
14. Three Step	SQQ
15. Hover Cross	SQQQQQQ

Recommence with Open Telemark

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