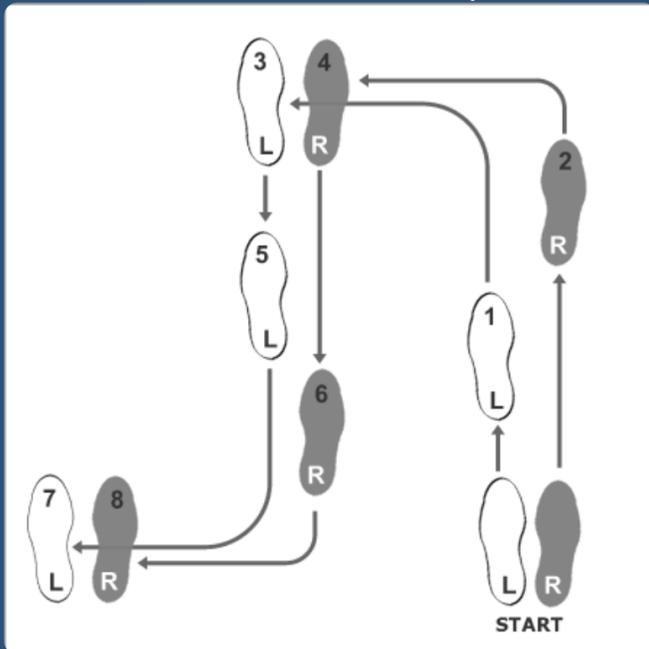


# The Basic Dance Steps of the Foxtrot

The basic rhythm is slow, slow, quick, quick. The slow steps use 2 beats of music and the quick steps use one. The slow steps are long and elegant, and the quick steps are short and energetic. As already mentioned, the music is played in 4/4 timing. Stand upright with your feet together. Face each other, lady puts her right hand in his left. His right hand is on her left shoulder blade, her left hand is on his right arm.

## The Gentlemen's Steps



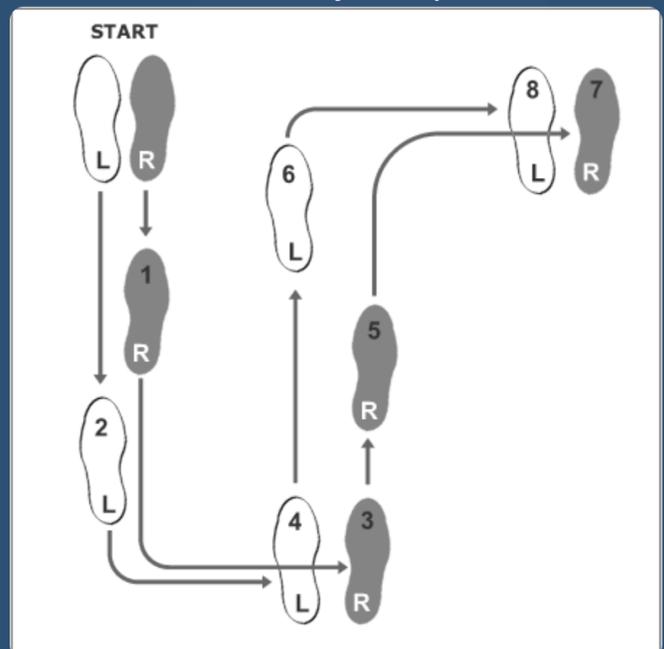
### Basic forward

1. Step forward with your left foot (slow step)
2. Step forward with your right foot (slow step)
3. Sidestep to the left with your left foot (quick step)
4. Move your right foot to your left foot (quick step)

### Basic Backward

5. Step backward with your left foot (slow step)
  6. Step backward with your right foot (slow step)
  7. Sidestep to the left with your left foot (quick step)
  8. Move your right foot to your left foot (quick step)
- her left hand is on his right arm.

## The Lady's Steps



### Basic forward

1. Step backward with your right foot (slow step)
2. Step backward with your left foot (slow step)
3. Sidestep to the right with your right foot (quick step)
4. Move your left foot to your right foot (quick step)

### Basic backward

5. Step forward with your right foot (slow step)
6. Step forward with your left foot (slow step)
7. Sidestep to the right with your right foot (quick step)
8. Move your left foot to your right foot (quick step)

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