

Foxtrot

Presented by [Nick and Melissa Enge](#)
at Texas Camp 2024

Music: [Nick & Melissa's Foxtrot Playlist](#)

Since its introduction in the mid-1910s, Foxtrot (also spelled Fox Trot) has been one of the most popular social dances. While there have been many different evolutions of Foxtrot over the years (e.g., Magic Step, Box Step, and various competition forms), in this class, we presented one of the earliest, simplest, but most enduring forms, which is still popular around the world today.

- **Walking:** In closed position, starting with Lead's L and Follow's R, back the Follow along LOD with slow, smooth walking steps (1, 2, 3, 4). The count of the music is slow, e.g., if you're dancing to Fly Me to the Moon, you're stepping on: FLY me TO, the MOON, LET me PLAY aMONG the STARS.
- **Zig Zag Two-Step:** Step side, close, side toward the hands (quick, quick, slow / 1-and-2), then side, close, side toward the elbows (quick, quick, slow / 3-and-4). Do the first half of the Two-Step diagonally along LOD toward the center of the room, and the second half diagonally along LOD toward the outside wall.
- **Walk Four, Zig Zag:** Back the Follow four slow steps along LOD (1, 2, 3, 4), then do a full Zig Zag Two-Step (5-and-6, 7-and-8).
- **Walk Two, Zig, Walk Two, Zag:** Back the Follow two slow steps along LOD (1, 2), then do the Zig into the center (3-and-4). Then, starting with the other foot (which the Zig has made free), back the Follow two slow steps along LOD (5, 6), then do the Zag toward the outside wall (7-and-8).
- **Two and One:** While this step already existed in the 1910s Fox Trot, in 1923, it was described as having surpassed all others in popularity. Do the Zig of a Zig Zag Two-Step into the center, then take a slow step diagonally along LOD toward the outside wall (quick-quick-slow, slow / 1-and-2, 3). A common styling is for the free foot to swing in toward the supporting foot on both of the slows. To avoid slowly crashing into the center of the room, make the distance traveled by the "One" part of the step equal to the distance traveled by the "Two" part of the step. In other words, each of the two steps of the "Two" step are about half the length of the "One" step.