

CHAPTER XXI

SLOW FOXTROT VARIATIONS

THE HOVER FEATHER STEP

Gentleman's Steps

Starting Position: Feet together. (Facing diagonally to centre of room.)

Complete first five steps of the Natural Turn—S.Q.Q.S.S. Rise well up on ball of Right foot on fifth step, at the same time close Left foot to Right foot without pressure. (Facing diagonally to centre of room with Left side leading.)

<i>Step No.</i>	<i>No. of Beats</i>	<i>Timing</i>
1. Forward Left foot, slightly leftwards, a medium length step, preparing to step outside partner.	1	Quick
2. Forward Right foot, slightly across Left foot, a medium length step, outside partner.	1	Quick
3. Forward Left foot, a normal length step, in front of partner.	2	Slow

N.B. The Left side of the body leads on first and second steps. The orthodox position and sway may be used but it is not so effective. It is more effective if Right foot is pulled back and closed to Left foot on the fifth step of Natural turn instead of taken slightly to the side.

Complete amalgamation: 3 bars of music.

BODY MOVEMENT

Contrary body movement on third step.

Contrary body movement position on second step.

Sway: To Left on first step and straighten on second step.

Straight on third step.

RISE AND FALL

Rise at end of preceding step on Right foot. Lower at end of second step as Left foot passes on next step.

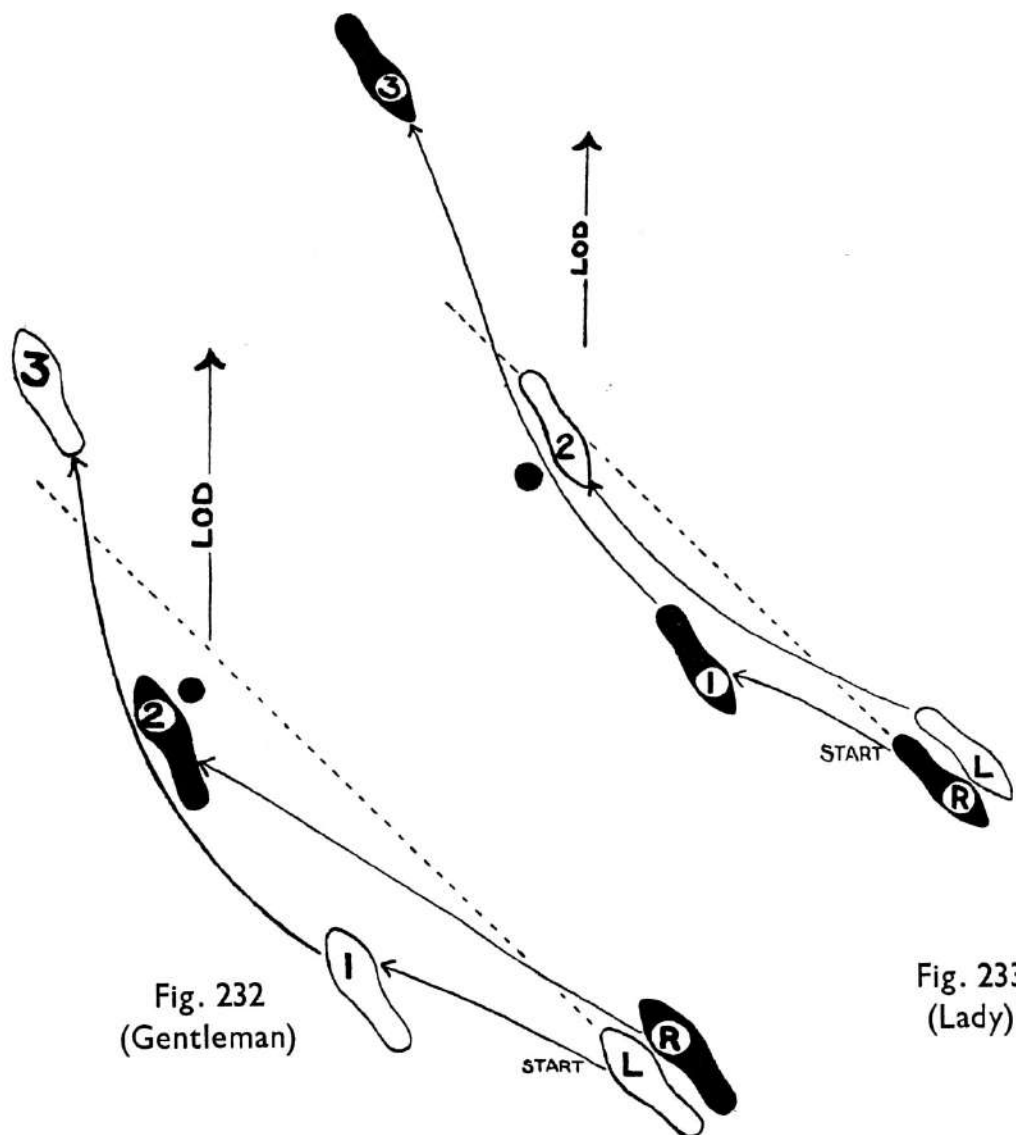
Amount of turn: Nil.

Lady's Steps

Starting Position: Feet together. (Backing diagonally to centre of room.)

Complete first five steps of Natural Turn—S.Q.Q.S.S. Rise well up on

THE HOVER FEATHER STEP



ball of Left foot on fifth step, at the same time close Right foot to Left foot without pressure. (Backing diagonally to centre of room.)

Step No.	No. of Beats	Timing
1. Back Right foot, slightly rightwards, a medium length step.	1	Quick
2. Back Left foot and slightly behind Right foot, a medium length step. Partner now outside on Right side.	1	Quick
3. Back Right foot, a normal length step. Partner now in front.	2	Slow