

Foxtrot Syllabus

Beginners	Mar 2008	May 2009
Basic	Yes	Yes
Hesitation / Oops turn	Yes	Yes
Promenade	Yes	Yes
Outside Turning Basic	Yes	Yes
Box Timing	Yes	Yes
Twinkle		Yes
Promenade Underarm Turn		
Sway Underarm Turn		

Intermediate 1

Promenade Twinkles		Yes
Fallaway Twinkles		
Promenade Twist		
Promenade Pivot Turns		
Turning Twinkles to Outside Partner		
Sway Step		
Grapevine		

Silver 1

Open Left Turn	Yes	
Open Right Turn	Yes	
Grapevine	Yes	Yes
Weave from Promenade		
Chair & Slip		

Silver 2

Oversway		
Hairpin from Reverse		
Hairpin from Promenade Position		
Slide & Check		
Fallaway & Weave		
Curved Running Steps		

Natural Fallaway		
Outside Swivel		
Hover Corté		
Promenade Pivot		
The Gem		

Routine		Yes
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