

# Foxtrot Silver Routine - Outline

Phase	Time	Man's		Ladies		
		Foot	Details	Foot	Details	
Twinkle	Slow	L	Forward	R	Back	
	Quick	R	Together	L	Together, pivot	
Contra Promenade	Quick	L	Forward	R	Side	
	Slow	R	Forward CBMP	L	Forward and Across in CBMP	
	Quick	L	Back (Switch hands R2R)	R	Forward	
	Quick	R	Side to Right Promenade	L	Forward brush left	
	Slow	L	Across CBMP	R	Forward	
	Quick	R	Small Forward	L	Forward, pivot to right	
	Quick	L	Forward and Side	R	Forward	
	Slow	R	Forward and Across in CBMP	L	Large forward (he takes left hand hand)	
	Quick	L	Side	R	Pivot	
	Quick	R	Together	L	Pivot	
	Man Across	Slow	L	Side in front of her	R	Together and pivot in place
		Slow	R	Together		
	Lunge	Slow				
Slow						
RH to RH	Slow	R	Side (R2R)	LR	Both feet weight	
	Slow		Hold (turn her)	R	Forward, feet together, pivot in place to Right	
Lady open turn to left	Quick	L	Side (Lead down and in)	L	Forward	
	Quick		Turn her, no step fake	R	Back	
	Quick	R	Forward & across, CBMP	L	Forward	
	Quick	L	Forward	R	Back	
	Slow	R	Forward	L	Back	
	Quick	L	Forward	R	Back	
	Quick	R	Forward & across, CBMP Check	L	Small Back Check	
	Slow	L	Back	R	Forward	
	Slow	R	Side, Drag in Left	L	Side, Drag in Right	