

Forgotten Foxtrot

Count: 32

Wand: 4

Ebene: Improver foxtrot

Choreograf/in: Valerie Garant

Musik: Michelle - The Beatles



BASIC BACKWARDS

1-6 (SSQQ) Walk back right, hold, left, hold, step right to side, close left

BALLROOM BOX

7-10 (SQQ) Step back right, hold, step left to side, close right

11-14 (SQQ) Step forward left, hold, step right to side, close left

"CONVERSATION" STEP

15-20 (SSQQ) Step right to side as turning body 1/8 right, hold, cross left in front of right, hold, step right to side as turning body to face front, close left

TWINKLES WITH ¼ TURN LEFT

21-24 (SQQ) Cross right in front of left, hold, step left to side, close right

25-28 (SQQ) Cross left in front of right, hold, step right to side as making ¼ turn left on ball of left foot, close left

SLOW ROCK SIDE TO SIDE

29-32 (SS) Rock weight to right foot, hold, rock weight to left foot, hold

REPEAT
