

# Forgotten Foxtrot

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver foxtrot  
编舞者: Valerie Garant  
音乐: 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

---