

Country Fox (P)

拍數: 32 牆數: 0 級數: Beginner / Improver Partner
編舞者: Dick Rogers (USA) & Nancy Rogers (USA) - July 2018
音樂: Sweet Caroline (feat. The Mavericks) - Raul Malo
或: Have You Ever Seen The Rain - Miss Montreal & Milow
或: If We Never Go - The Steel Woods



Other Music: Have you ever seen the rain (Miss Montreal & Liow) [115 bpm]; If We Never Go (The Steel Woods) [117 bpm]

NOTE: Foxtrot rhythm is SSQQ except for the Box Fox which is SQQ timing. Steps are described for Lead; Follow steps are opposite except where noted. S = slow (2 beats of music); Q = quick (1 beat of music); LD = Lead; FW = Follow; FWD = forward; R = right; L = left; RF = right foot; LF = left foot; LOD = line of dance which is counter clockwise progression around outside of dance floor.

No tags or restarts!

Starting position: Closed hold with good frame and connection, and Lead facing diagonal wall in LOD.

[1-6] ZIG (SSQQ)

1-4 Facing diagonal wall step LF FWD (S), step RF FWD (S)

5-6 Step LF to L turning $\frac{1}{4}$ R (Q), step RF beside LF (Q)

NOTE: On 5-6 Lead's step L should rotate couple $\frac{1}{4}$ R. Follow's step R should be smaller than Lead's step.

[7-12] ZAG (SSQQ)

1-4 Step LF back toward diagonal center (S), step RF back (S)

5-6 Step LF to L turning $\frac{1}{8}$ L to face outside wall (Q), step RF beside LF (Q)

NOTE: On 5-6 Lead's step L should be quite small and rotate couple $\frac{1}{8}$ L. Follow's step R should be slightly larger than Lead's step.

[13-20] BOX FOX (SQQ)

1-4 Step LF FWD toward wall (S), step RF to R (Q), step LF beside RF (Q)

5-8 Step RF back toward center (S), step LF to L (Q), step RF beside LF (Q)

[21-26] PROMENADE (SSQQ)

1-4 Turn LF $\frac{1}{4}$ L and step LF FWD facing LOD (S), step RF FWD past LF facing LOD (S)

5-6 Turn $\frac{1}{4}$ R and step LF to L (Q), step RF beside LF (Q)

[27-32] PROMENADE* (SSQQ)

1-4 Turn LF $\frac{1}{4}$ L and step LF FWD facing LOD (S), step RF FWD past LF facing LOD (S)

5-6 Turn $\frac{1}{8}$ R and step LF to L (Q), step RF beside LF (Q)

NOTE: End with LD facing diagonal FWD R LOD ready to start over with a Zig.

*VARIATION FOR [27-32]: PROMENADE WITH OUTSIDE TURN

1-2 LD: Turn LF $\frac{1}{4}$ L and raise LH and step LF FWD facing LOD (S)

FW: Turn RF $\frac{1}{4}$ R and step FWD facing LOD (S)

3-4 LD: As LH goes over FW head turn $\frac{1}{4}$ R and step RF behind LF (S)

FW: Step LF FWD past RF and pivot $\frac{3}{4}$ turn R on ball of LF under L arm of Lead (S)

NOTE: Follow RF should be hooked across L shin at the end of counts 3-4.

5-6 LD: Turn $\frac{1}{8}$ L and step LF to L (Q), step RF beside LF and resume closed hold (Q)

FW: Step RF past LF to R and face Lead (Q), step LF beside RF and resume closed hold (Q)

NOTE: End with LD facing diagonal wall ready to start over with a Zig.

Start Over

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