

# 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

Contact: [wildwoodlabs at gmail dot com](mailto:wildwoodlabs@gmail.com)  
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