

# Latin Foxtrot

拍數: 32      牆數: 4      級數: Intermediate foxtrot  
編舞者: Peter Heath (AUS)  
音樂: Blue Moon - The Mavericks



## FORWARD BOX FOXTROT; WALK 2; QUICK FISHTAIL 4

1-2&      Step left foot forward, step right foot to right, close left foot to right foot  
3-4&      Step right foot back, step left foot to left, close right foot to left foot  
5-6      Step left foot forward step right foot forward checking the forward motion  
7&8&      Step left foot diagonal back and left, step right foot to right so feet are apart, step left foot forward in front of right foot, cross right foot behind left foot so feet are apart but crossed (these steps form a cross)

## PADDLE 2, FORWARD TRIPLE

9-10      Rock forward left foot turning  $\frac{1}{4}$  right recover right foot  
11&12      Step left foot forward, close right foot to left foot, step left foot forward

## FORWARD ROCK 2& TURN $\frac{1}{4}$ RIGHT, SIDE TRIPLE

13-14      Rock forward right foot turning  $\frac{1}{4}$  right recover left foot  
15&16      Step right foot to right, close left foot to right foot, step right foot to right

## CROSS LUNGE FOXTROT TWICE; NEW YORKER CHA; OPEN TWINKLE TWICE

17-18&      Rock left foot in front of right foot, recover right foot, step left foot to left  
19-20&      Rock right foot in front of left foot, recover left foot, step right foot to right  
21-22      Rock left foot in front of right foot recover right foot  
23&24      Step left foot to left, close right foot to left foot step left foot to left  
25-26      Cross right foot in front of left foot, rock left foot to left, recover right foot  
27-28&      Cross left foot in front of right foot, rock right foot to right, recover left foot

## FRONT, SIDE & TURN $\frac{1}{4}$ RIGHT, FORWARD TRIPLE

29-30      Cross right foot in front of left foot rock left foot to left turning  $\frac{1}{4}$  right  
31&32      Recover right foot forward, close left foot to right foot, step right foot forward

## REPEAT

Foxtrot timing for this dance is Slow Quick, Quick. The rest is Cha-cha timing Slow, Slow, Quick, Quick, Slow. The second piece of music is for those that hate slow music. It turns the dance into a quickstep rather than a foxtrot.