



Larrys Corner

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This is called Larrys Corner because when I teach I stand in the corner so I can see everyone.

If you want to read dance stories they are under Headlines or Larrys Corner.

[Http://www.comedancewithus.com](http://www.comedancewithus.com) Or
<http://www.dancempls.com>

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Do you have any likes or dislikes, stories, or helpful hints for dancing? If so, write it down and give to Larry Ablin or Barb Johnson. We will add it to one of the future News letters.

If you would like to tell us how you became interested in dancing, write it down and give to Larry or Barb, we will add your picture with it and put it in one of the future Newsletters. If you have anything you would like to write about, just write it up and give to Barb or Larry. I enjoy writing something for you.

Come Dance With Us

Foxtrot Introduction

Have you ever been in one of those social situations where you just didn't have anything inter-

esting to say? And of course we all know what subject ultimately comes up in these instances. Movies! Well now you'll have something even more interesting to talk about to make such conversations more colorful. For those of you who still enjoy talking about movies, you'll find plenty of them with lively Foxtrot scenes. So here's the exciting, fabulous, bigger than life history of the Foxtrot!

Step into any jazz club on a Friday night, and you're bound to hear a Fox Trot. It's America's favorite dance! Written in 4/4, it can be danced to most music types, whether slow or fast. If you can walk, you can dance the Foxtrot! It's a traveling dance. Hitting the streets of New York City in the 1920's, the Foxtrot emerged as a lively, bouncing dance which America's youth went wild over. The Foxtrot was popularized by Harry Fox, a young vaudeville comedian who incorporated a bouncy, trotting step nicknamed the Foxtrot. The energy of the dance was what teenagers were looking for, and subsequently the only truly American ballroom dance spread like a forest fire across the states. Today, the Foxtrot has evolved into a dance of social elegance, characterized by smooth, graceful and gliding movements and enjoyed by people of all ages. It remains America's best loved dance.

Foxtrot Music

A basic understanding of the Foxtrot's rhythm and form will help you to pick up other dance steps with ease. In the Foxtrot, the first and third beats of every measure are more strongly accented than the second and fourth. It is danced in combinations of slow and quick steps, the most popular rhythms being slow-slow-quick-quick and slow-quick-quick. You can use as many of slow or quick-quick as you like. Each slow step counts for 2 beats while each quick step counts for one.

Foxtrot music is written in 4/4 time. It is danced in combinations of Slow (S) and quick (q) steps, with each Slow (S) step being long and graceful, and each quick (q) step being short and lively.

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As mentioned before, the Foxtrot is typically performed in two different rhythms: Slow-quick-quick (Sqq) occupying one measure, and used in the Box Step, and Slow-Slow-quick-quick (SSqq) occupying one and one-half measures, and used in the progressive moves.

Dance Foxtrot

The Fox Trot is a progressive, or traveling dance. Get ready to move. You'll be covering some ground. If you can walk, you should be able to master this smooth dance. Posture for the Fox Trot is upright, with a hold similar to that used in the Waltz. Focus on taking long steps during the Slow (S) counts, and short, lively steps during the quick (q) counts. As the tempo of the music increases, you will need to shorten your steps in order to maintain a lively "trot" and proper balance. Let's begin with a practice exercise. Practice individually and gradually move into Closed Position as you feel more comfortable and confident with the steps.

Stand upright with your feet together. You will be walking forward. Count aloud and step to the rhythm: slow-slow-slow-slow, or step-pause-step-pause-step-pause-step-pause.

Putting Foxtrot Together

Now, let's try something different. This time, take two steps forward: Slow-Slow, or step-pause-step-pause. Remember, each Slow step will be twice as long as a quick step. Let's try a combination of these: Slow-quick-quick, or step-pause-step-step. This pattern of S-q-q is used in the Fox Trot Box Step. The three patterns you just practiced each comprise one full measure in 4/4 time. Now let's try a new pattern: Slow-Slow-quick-quick, or step-pause-step-pause-step-step. This pattern occupies one and one-half measures in 4/4 time and is the pattern used in the Fox Trot Basic. Here's what the chart would look like below. Once you feel comfortable with the basic counts of the Fox Trot, begin practicing the variations. Movements in the Fox Trot should be graceful and smooth with long, reaching slow (S) steps and lively quick (q) steps. There should be no motion above the hips. Only the legs should move. Slow steps should be led with the heel of the foot while quick steps should be taken on the ball of the foot. The faster the music is, the shorter the step. Remember, the Fox Trot is for walkers, not runners!

Count	Rhythm	Man's Part	Lead	Woman's Part
1-2	Slow	Left foot forward	Closed Position	Right foot back
3-4	Slow	Right foot forward	Closed Position	Left foot back
5	Quick	Left foot side	Closed Position	Right foot side
6	Quick	Right foot close	Closed Position	Left foot close

Foxtrot should be learned first, an entry to other dances.

An interesting facet of the Foxtrot, is that it can be danced with virtually any 2/4 or 4/4 time song. This means that these Foxtrot steps can be used with the Quick Step, Blues, Tango, even Rock and Roll. Only the tempo (speed) will change according to the music style.

The Foxtrot is one of those dances that move about the floor. You will not stand in one small area. Instead, you will be following the "Line of Dance", - that is, the couple moves Counter-Clockwise around the dance floor. One of the usual ways to accomplish this is to dance a Zig-Zag line. For now, just be sure to practice your Basic Foxtrot Step until it's second nature and you're able to dance reflexively, without having to think about the steps while on the floor.

Once the Foxtrot has been mastered, the other dances - Swing and Latin - will come much more easily. Not only is the Foxtrot the world's most commonly performed dance, but it is simple to do, very romantic, lots of fun, and allows for easy conversation. But, please don't start conversing until the steps have become second nature.