

FOXTROT

PROMENADE CROSS AND CHASSE

MAN

No. of Steps	Timing	Rhythm	Foot Position	Alignment	Turn	Dance Position	Rise and Fall	Footwork	Sway	CBM
1	1 2	S	LF FWD	F WD	-	CP	Down on 1 Begin to rise e/o 1	H-T	-	1 (slight)
2	3	Q	RF SD & SL FWD	F WD	-	CP	Continue to rise on 2	T	L	-
3	4	Q	LF XB RF	F WD	-	PP	Continue to rise on 3 Lower e/o 3	T-H	L	-
4	5 6	S	RF FWD & ACR IN CBMP	F WD	-	PP	Down on 4 Begin to rise on e/o 4	H-T	-	4
5	7	Q	LF SD & SL FWD	F WD	-	PP	Continue to rise on 5	T	-	-
6	&	&	RF CL TO LF	F WD	-	PP	Continue to rise on 6	T	-	-
7	8	Q	LF SD & SL FWD	F WD	-	PP	Continue to rise on 7 Lower e/o 7	T-H	-	-
8	1 2	S	RF FWD & ACR IN CBMP	F WD	-	PP	Down on 8 Begin to rise e/o 8	H-T	-	8
9	3	Q	LF SD SL FWD	F WD	-	CP	Continue to rise on 9	T	R	-
10	4	Q	RF FWD IN CBMP	F WD	-	ROP	Continue to rise on 10 Lower e/o 10	T-H	R	-

FOXTROT

PROMENADE CROSS AND CHASSE

LADY

No. of Steps	Timing	Rhythm	Foot Position	Alignment	Turn	Dance Position	Rise and Fall	Footwork	Sway	CBM
1	1 2	S	RF BK	B DW		CP	Down on 1 Begin to rise e/o 1	T-H	-	-
2	3	Q	LF DIAG BK	P DC	1/4 R	CP	Continue to rise on 2	T	R	-
3	4	Q	RF XB LF	F DC		PP	Continue to rise on 3 Lower e/o 3	T-H	R	-
4	5 6	S	LF FWD & ACR IN CBMP	F DC	-	PP	Down on 4 Begin to rise on e/o 4	H-T	-	4
5	7	Q	RF SD & SL FWD	F DC	-	PP	Continue to rise on 5	T	-	-
6	&	&	LF CL TO RF	F DC	-	PP	Continue to rise on 6	T	-	-
7	8	Q	RF SD & SL FWD	F DC	-	PP	Continue to rise on 7 Lower e/o 7	T-H	-	-
8	1 2	S	LF FWD & ACR IN CBMP	F DC		PP	Down on 8 Begin to rise e/o 8	H-T	-	8
9	3	Q	RF SD	B W	1/4 L	CP	Continue to rise on 9	T	L	-
10	4	Q	LF BK IN CBMP	B DW		ROP	Continue to rise on 10 Lower e/o 10	T-H	L	-