OLD HOMESTEAD FOX TROT

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"Old Homestead Fox Trot"

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THE FOX TROT

Dance description by Thomas McDougall, Pittsburgh, Pa. Secretary, American National Association, Masters of Dancing

Gentleman's Part--Counterpart for lady. Danced in waltz position, Lady starts with right foot going back--gentleman starts with left foot going forward.

Introduction--Four measures--Walk eight slow steps--one step to two counts, then:

Fig.1-- Run forward seven steps bringing right foot back of left on eighth count. Repeat twice, then turn in place twice, eight counts, making in all 32 counts.

Note:-- Step is done on ball of foot, lively and springy, allowing the foot to go up in the air in back

Fig. 2-- Butterfly Step or In and Out.-- Dancers make half turn in, and a half turn out, each two counts-the lady turning in, and the gentleman turning out on one, two; repeat three, four, lady turning out and gentleman turning in. Repeat up to twelve counts, then turn once around--in all 16 counts. Repeat the whole figure making in all 32 counts.

Fig. 3-- Side Step -- Left foot to left side, right in back of left, left to side and right in front. Repeat to right side stepping left in back of right, then right to side, left in front, and right to side, eight counts. Turn with partner twice eight counts. Repeat the figure from beginning, making in all 32 counts.

Fig. 4-- Wheel or Square -- Open position-gentleman's right arm around waist of lady, both facing front. Run forward eight steps, obliquely, run back eight steps, obliquely, turning one quarter to right, Repeat all of the figure, finishing both facing the line of direction-- in all 32 counts.

Fig. 5-- Fox Chase or Hunt Step--Lady going back, gentleman going forward--step on eft, one hop on left at same time raising right foot high in the air, repeat stepping on right, hopping on right and raising left high in air.

Fig.6-- Step, Hop and Turn-- Step on left, hop on left, step on right, hop on right four counts. Repeat, then turn for eight counts on step and hop. Repeat all the figure, making 32 counts in all.

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