

MANCHESTER FOXTROT - Couples

Music: Foxtrot 4/4

Holds: Waltz, Foxtrot & Promenade

Tempo: 92 BPM

Pattern: Set

This dance begins in Waltz position.

Steps 1, 2 and 3 are a sequence of runs that respectively aim toward the long side barrier, become parallel to it and finish in the direction of the long axis: **RBO** (1 beat), **Run LBI** (1 beat) and **RBO** (2 beats) for the man / **LFO** (1 beat), **Run RFI** (1 beat) and **LFO** (2 beats) for the woman.

Step 4 LBO Sw (2+2 beats) for the man and **RFO Sw** (2+2 beats) for the woman are outside strokes that aim in the direction of the long axis and subsequently curve to finish in the direction of the long side barrier. On the 3rd beat, the free leg swings past the line of the body.

Step 5 RBO (2 beats) for the man is an outside stroke which curves to become parallel to the long side barrier. **Step 5a LFO** (1 beat) for the woman is a stroke and **Step 5b Ch RFI** (1 beat) is a chasse on the inside edge.

Step 6 Mk LFO (2 beats) for the man is a mohawk turn on the outside edge, executed with feet close together. The woman executes a **LFO** stroke (2 beats), which allows the couple to continue in Foxtrot position. These steps curve in the direction of the long axis.

Step 7 XR RFO (2 beats) and **Step 8 XR LFO** (2 beats) are cross rolls distributed equally left and right on a baseline that runs parallel to the long side barrier. The cross rolls must demonstrate clear outside edges with an angular placement of the respective free foot that takes the floor.

Step 9 XR RFO Sw/I (2+2+2 beats) for the man and **Step 9a XR RFO Sw** (2+2 beats) for the woman are additional cross rolls, accompanied with a swing in front on the 3rd beat. On the 5th beat, the man executes a change of edge to inside with a swing in back. Simultaneously, the woman skates **Step 9b CICw LBI** (2 beats), a closed choctaw that finishes on the inside edge with the free leg stretched in front of the body. At the time of the closed choctaw, the couple continue in Waltz position.

Steps 10, 11 and 12 are a sequence of runs in Waltz position: **LFO** (1 beat), **Run RFI** (1 beat) and **LFO** (2 beats) for the man / **RBO** (1 beat), **Run LBI** (1 beat) and **RBO** (2 beats) for the woman.

Step 13 OpS RFI (2 beats) for the man is an open stroke and **Mk LFO** (2 beats) for the woman is a mohawk turn on the outside edge. These steps curve to finish parallel to the short side barrier, and the couple continue in Promenade position; that is, from the concentric rotation of the couple where skaters are briefly unable to track each other. Parallel hips and shoulders must be maintained.

Step 14 HhMk LBI (2 beats) for the man is a heel to heel mohawk with feet close together, finishing on the inside edge with the free leg stretched behind the body. The woman executes a **Run RFI** (2 beats), which allows the couple to continue in Waltz position. These steps travel in the direction of the long side barrier and begin on the long axis.

Step 15 RBO (1 beat) for the man and **LFO** (1 beat) for the woman are outside strokes.

Step 16 Ch LBI (1 beat) for the man and **Ch RFI** (1 beat) for the woman are chasses on inside edges that conclude the pattern sequence.

REFERENCE STEPS:

- **Step 7** must begin slightly before the short axis and must finish after it.
- **Step 14** must begin before on the long axis.

Key Points - Manchester Foxtrot Couples

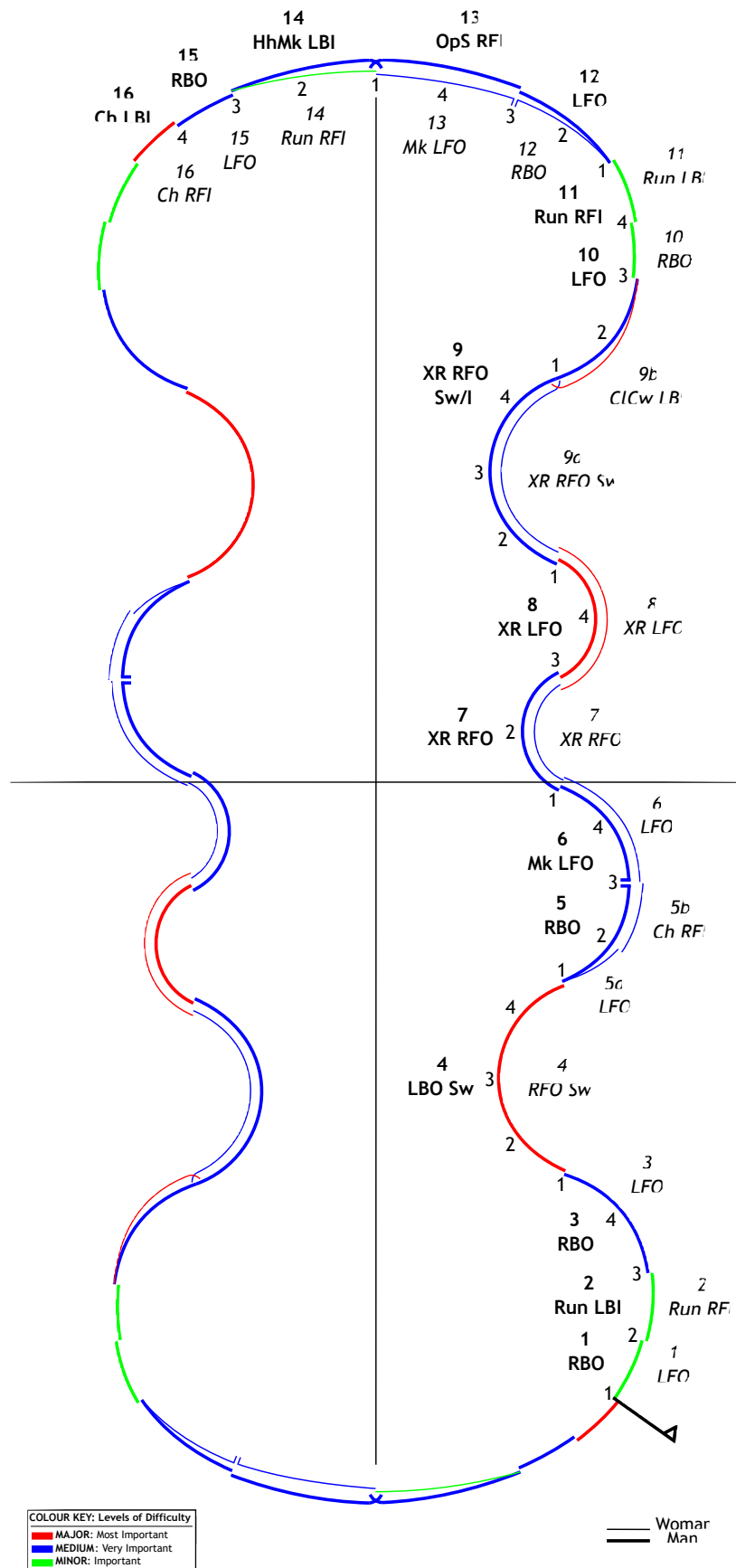
1. **Step 4 LBO Sw** (2+2 beats) for the man and **RFO Sw** (2+2 beats) for the woman:
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.
 - Correct Waltz position of the couple without any separations.

2. **Step 8 XR LFO (2 beats) for both:**
 - Correct timing of the step.
 - Correct technical execution of the cross roll which must be done on the required outside edge.
 - Correct Foxtrot position of the couple without any separations.
3. **Step 9b CICw LBI (2 beats) for the woman:**
 - Correct timing of the step.
 - Correct technical execution of the closed choctaw which must be done with feet close together, finishing with the free leg in front of the body.
 - No deviation from the inside edge.
 - Correct position of the couple without any separations; the transition from Foxtrot to Waltz must be fluid and controlled.
4. **Step 16 Ch LBI (1 beat) for the man and Ch RFI (1 beat) for the woman:**
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.
 - Correct Waltz position of the couple without any separations.

Manchester Foxtrot Couples - List of Steps

HOLD	STEP	MAN'S STEPS	MUSICAL BEATS			WOMAN'S STEPS
Waltz	1	RBO		1		LFO
	2	Run LBI		1		Run RFI
	3	RBO		2		LFO
	4	LBO Sw		2 + 2		RFO Sw
	5a	RBO	2		1	LFO
	5b				1	Ch RFI
Foxtrot	6	Mk LFO		2		LFO
	7	XR RFO		2		XR RFO
	8	XR LFO		2		XR LFO
	9a	XR RFO Sw/I Sw	2 + 2 + 2		2 + 2	XR RFO Sw
Waltz	9b				2	CICw LBI
	10	LFO		1		RBO
	11	Run RFI		1		Run LBI
	12	LFO		2		RBO
Promenade	13	OpS RFI		2		Mk LFO
Waltz	14	HhMk LBI		2		Run RFI
	15	RBO		1		LFO
	16	Ch LBI		1		Ch RFI

MANCHESTER FOXTROT



MANCHESTER FOXTROT - Solo

Music: Foxtrot 4/4
Pattern: Set

Tempo: 92 BPM

Step 1 LFO (1 beat), **Step 2 Run RFI** (1 beat) and **Step 3 LFO** (2 beats) are a sequence of runs that aim toward the long side barrier, become parallel to it and finish in the direction of the long axis.

Step 4 RFO Sw (2+2 beats) is an outside stroke that aims in the direction of the long axis and subsequently curves to finish in the direction of the long side barrier. On the 3rd beat, the free leg swings in front of the body.

Step 5 LFO (1 beat) is a stroke and **Step 6 Ch RFI** (1 beat) is a chasse on the inside edge that ends parallel to the long side barrier, followed by **Step 7 LFO** (2 beats) in the direction of the long axis.

Step 8 XR RFO (2 beats) and **Step 9 XR LFO** (2 beats) are cross rolls distributed equally left and right on a baseline that runs parallel to the long side barrier. The cross rolls must demonstrate clear outside edges with an angular placement of the respective free foot that takes the floor.

Step 10 XR RFO Sw (2+2 beats) is an additional cross roll, accompanied with a swing of the free leg in front on the 3rd beat. The cross roll aims in the direction of the long axis and curves in the direction of the long side barrier.

Step 11 CICw LBI (2 beats) is a closed choctaw that finishes on the inside edge with the free leg stretched in front of the body.

Step 12 RBO (1 beat), **Step 13 Run LBI** (1 beat) and **Step 14 RBO** (2 beats) are a sequence of runs.

Step 15 Mk LFO (2 beats) is a mohawk turn on the outside edge that curves parallel to the short side barrier.

Step 16 Run RFI (2 beats) is a run that starts on the long axis and travels in the direction of the long side barrier.

Step 17 LFO (1 beat) is stroke and **Step 18 Ch RFI** (1 beat) is a chasse on the inside edge.

REFERENCE STEPS:

- **Step 8** must begin slightly before the short axis and must finish after it.
- **Step 16** must begin before on the long axis.

Key Points - Manchester Foxtrot Solo

1. **Step 4 RFO Sw** (2+2 beats):
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.
2. **Step 9 XR LFO** (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the cross roll which must be done on the required outside edge.
3. **Step 11 CICw LBI** (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the closed choctaw which must be done with feet close together, finishing with the free leg in front of the body.
 - No deviation from the inside edge.
4. **Step 16 Ch RFI** (1 beat):
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.

STEP NUMBER	STEPS	MUSICAL BEATS
1	LFO	1
2	Run RFI	1
3	LFO	2
4	RFO Sw	2 + 2
5	LFO	1
6	Ch RFI	1
7	LFO	2
8	XR RFO	2
9	XR LFO	2
10	XR RFO Sw	2 + 2
11	CICw LBI	2
12	RBO	1
13	Run LBI	1
14	RBO	2
15	Mk LFO	2
16	Run RFI	2
17	LFO	1
18	Ch RFI	1

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