

## **American Smooth Foxtrot Sequence Dance**

### **“The Fat Cat Foxtrot”**

#### **Background**

This Sequence dance was choreographed by Steven Porter LISTD and uses Open Bronze and Silver Level American Smooth Foxtrot Figures. A standard 16 Bar Sequence has been used in this routine.

#### **General Notes**

Time Signature: 4/4 27 Bars / Minute

When in an Open single hand hold, the free arm should generally be extended and used in a free flowing manner. When turning under an arm or passing your partner the free arm should be folded in towards the body.

#### **Script Summary**

Commence in Shadow Position (Lady in front of Man) Facing between the Line of Dance and Diagonal to Wall.

1. Step Points to Circular Grapevine and Explosion Line (4 Bars)
2. Grapevine to Side Cross (2 Bars)
3. Alternating Three Step Turns x 2 (2 Bars)
4. Lady's Develope to Open Impetus (2 Bars)
5. Promenade and Counter Promenade Runs (Flip Flops) (2 Bars)
6. Natural Promenade Pivot (2 1/2 Bars)
7. Sway Steps (1 1/2 Bars)

**Total 16 Bars**

Bar	Timing	Man	Lady	Description
<b>Figure 1</b>		<b>Step Points to Circular Grapevine and Explosion Line</b>		Commence in Shadow Hold facing the Line of Dance with weight on the RF and LF held pointing to the Centre without weight. Lady slightly to the right of the Man. Man holds the Lady's Left wrist with his Right Hand on the Lady's back (alternatively use no hold and use finger clicks as you dance the two step points).
1	Q	LF Fwd	LF Fwd	
	Q	RF Point to side without weight	RF Point to side without weight	Slight body turn to the Left
	Q	RF Fwd	RF Fwd	
	Q	LF Point to side without weight	LF Point to side without weight	Slight body turn to the Right
2	Q	LF Fwd	LF Fwd	Circular Grapevine with Ronde of the RF
	Q	RF to Side	RF to Side	
	S	LF Back then Ronde the RF Clockwise	LF Back then Ronde the RF Clockwise	Keep RF in contact with the floor on the Ronde
3	Q	RF Back	RF Back	
	Q	LF to Side	LF to Side	
	S	RF Fwd in Line with LF along the Line of Dance	RF Fwd in Line with LF along the Line of Dance	Still in Shadow Hold at the end of Bar 3.
4	Q	Replace weight to LF	LF Fwd turning 1/4 to the Left	Man starts to lower the Left Hand to lead the Lady into a three step turn to the Left and across the front of the Man.
	Q	Tap RF to LF without Weight	RF Closes to LF continuing to Turn	Release LH hold.
	S	RF Diagonal Fwd to an Explosion Line	LF Diagonal Fwd to an Explosion Line	Take Left to Right Hand Hold in the Explosion Line (Open Counter Promenade)

Bar	Timing	Man	Lady	Description
<b>Figure 2</b>		<b>Grapevine Moving down the Line of Dance to Side Cross</b>		Retain Left to Right Hand Hold throughout the Grapevine using a 'Pat a Cake' Action with the free hand in the Grapevine
5	Q	LF Fwd	RF Fwd	
	Q	RF to Side	LF to Side	1/8 Turn to Left (Lady Right), 'Pat a Cake' with Free Hand
	Q	LF Cross behind RF (Grapevine)	RF Cross behind LF (Grapevine)	
	Q	RF to Side	LF to Side	1/8 Turn to Right (Lady Left)
6	S	LF Fwd	RF Fwd	
	Q	RF to Side	LF to Side	1/8 Turn to Left to face Partner
	Q	LF Cross behind RF	RF Cross behind LF	Face Partner and Pat a Cake' with Free Hand
<b>Figure 3</b>		<b>Alternating Three Step Turns (Right and Left)</b>		Release hold to dance two Three Step Turns alternating Right and then Left (Man), Left and Right (Lady), completing a whole turn on each 3 steps to face Partner.
7	S	RF Fwd	LF Fwd	Turn Right down Line of Dance (Lady Left)
	Q	LF to Side	RF to Side	Continue to Turn Right (Lady Left)
	Q	RF to Side pointing LF to Side against the Line of Dance	LF to Side pointing RF to Side against the Line of Dance	Continue to turn to face Partner
8	S	Replace weight to LF	Replace weight to RF	Commence to turn Left (Lady Right)
	Q	RF to Side	LF to Side	Continue to turn Left (Lady Right)
	Q	LF to Side	RF Back	Lady steps back against the Line of Dance
<b>Figure 4</b>		<b>Lady's Developpe to Open Impetus</b>		Lady Dances a RF Developpe whilst Man Checks forward on the RF Outside Partner Changing to a RH to RH Hold (or Double Hand Hold)
9	S	RF Fwd Outside Partner	LF Back	Take RH to RH hold (or Double Hand Hold) as the Lady Steps Back into the Developpe Man facing Diagonal to Centre against the Line of Dance
	Q	Hold Weight on RF	RF Developpe	Lady Lifts Right Leg
	Q	Hold Weight on RF	RF Developpe	Lady Developpe Right Leg

Bar	Step	Man	Lady	Description
10	S	Replace weight to LF	RF Fwd Outside Partner	Release RH to RH hold at the end of the step.
	Q	RF Closes to LF Heel Pull	LF to Side	3/8 Turn to Right to Move along the Line of Dance (or underturned to move around a corner). Start to regain normal hold.
	Q	LF to Side in Open Promenade Position	RF to Side in Open Promenade Position	Regain normal hold with Right Arm (Man) but release Left to Right Hand Hold (Open Promenade).
<b>Figure 5</b>		<b>Promenade &amp; Counter Promenade Runs (Flip Flops)</b>		Danced in a similar way to the equivalent figure in Samba.
11	S	RF Fwd in Open Promenade Position	LF Fwd in Open Promenade Position	
	Q	LF Back and Slightly to Side	RF Fwd between partner's feet	
	Q	RF to Side in Open Counter Promenade Position	LF to side in Open Counter Promenade Position	
12	S	LF Fwd in Open Counter Promenade Position	RF Fwd in Open Counter Promenade Position	
	Q	RF Fwd between partner's feet	LF Back and Slightly to Side	
	Q	LF to side in Open Promenade Position	RF to Side in Open Promenade Position	Regain left to Right Hand Hold at the end of the last step.
<b>Figure 6</b>		<b>Natural Promenade Pivot</b>		Natural Pivot Turn finished in Closed Position
13	S	RF fwd in Promenade Position	LF fwd in Promenade Position	Man commences to turn Right
	Q	LF to side and slightly back (Pivot)	RF Fwd between partner's feet (Pivot)	Pivot 1/2 to the Right
	Q	RF Fwd between partner's feet	LF back and slightly to the side	Continue to turn right 3/8 (Man)

Bar	Step	Man	Lady	Description
14	S	LF Back	RF Fwd	Man steps back Diagonal to Centre
	S	RF Back	LF Fwd	Man steps back Diagonal to Centre
15	Q	LF to Side	RF to Side	Man turns 1/4 to the Left (Lady Right)
	Q	RF Closes to LF	LF Closes to RF	Finish Facing Diagonal to wall
<b>Figure 7</b>		<b>Sway Steps with Lady's Turn to Right</b>		Commences in Closed Hold but finishes in Shadow Hold ready to re-commence from Bar 1
	S	LF to Side (RF Closes to LF Without Weight)	RF to Side (LF Closes to RF Without Weight)	
16	S	RF to Side (LF Closes to RF Without Weight)	LF to Side (RF Closes to RF Without Weight)	
	Q	LF to Side	RF to Side	Release LH to RH Hold and Commence to Turn the Lady to the Right
	Q	RF Closes to LF	LF Closes to RF Without Weight	Lady Turns 1/2 to the Right to Finish in Shadow Position in Front of Man

**Repeat from Bar 1**