

OLYMPIC FOXTROT

Originated by: Joan Preston

Music: Foxtrot 4/4

Hold: Kilian

Tempo: 104 Beats

Pattern: Set

Notes:

In this dance the steps are the same for Lady & Gentleman.

Steps 1, 2 & 3 are a run sequence.

Steps 4,5 & 6 are cross rolled edges which should be skated boldly.

Steps 7, 8 & 9 are a Run sequence.

Steps 10, 11 & 12 which are inside edges and must be struck from the side.

Kilian hold must be held throughout the dance, staying close together with no parting at the hips

Attention points:

- Steps 4,5 & 6 cross rolls on good edges.
- Steps 6 & 12 – swing free leg on the 3rd beat with no change of edge.
- Steps 10,11 & 12 should be strong inside edges.

List of Steps:

Hold	Steps	Man	Lady	Beats
Kilian	1	LFO	LFO	1
	2	RFI run	RFI run	1
	3	LFO	LFO	2
	4	XR-RFO	XR-RFO	2
	5	XR-LFO	XR-LFO	2
	6	XR-RFO Swing leg on 3 rd beat	XR-RFO Swing leg on 3 rd beat	4
	7	LFO	LFO	1
	8	RFI run	RFI run	1
	9	LFO	LFO	2
	10	RFI	RFI	2
	11	LFI	LFI	2
	12	RFI- Swing leg on 3rd beat	RFI- Swing leg on 3rd beat	4

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