

Foxtrot Figures and Sources for How to Dance Them

The following figures are those standardized by Roundalab on behalf of the round dance movement. There are variations of these figures as well as unphased figures which are found in many dances.

Roundalab Standard Figures		
Phase 3		
Back Back/Lock Back Box * Box Finish * Box Left Turning * Progressive Box * Chasse' * Forward Chasse' * Thru Chasse' to Banjo * Thru Chasse' to Semi Turn Left & Right Chasse' *	Forward Fwd/Lock Forward Forward Run Two * Hover * Back Hover * Cross Hover * Forward Hover Hover Fallaway * Thru Hover Impetus to Semi * Interrupted Box	Left Face Turn * Maneuver * Right Face Turn * Slip Pivot * Spin Turn * Twisty Vine * Vine * Whisk * Wing *
Phase 4		
Back Feather Back Hover Telemark Back Three Step Back Whisk Chair and Slip * Change of Direction Closed Impetus Closed Wing Cross Hesitation Cross Pivot Cross Swivel Develop' Diamond Turn Drag Hesitation Feather Feather Finish Heel Pull	Hesitation Change Hover Corte Hover Telemark In and Out Runs Left Whisk Natural Hover Fallaway Natural Turn Natural Turn One Half Open Natural Turn Open Reverse Turn Outside Change to Banjo Outside Change to Semi Outside Check Outside Swivel Oversway Pivot Right Face Double Progressive Wing	Promenade Sway Promenade Weave Quick Diamond Four Reverse Fallaway from CP Reverse Fallaway from Semi Reverse Turn Reverse Turn One Half Reverse Wave Right Lunge Slow Side Lock Telemark to Banjo Telemark to Semi * Three Step Weave to Banjo Weave to Semi Whiplash
Phase 5		
Back Curving Three Step Back Turning Whisk Check and Weave Contra Check Contra Check & Slip Contra Check & Switch Curved Feather Curving Three Step Double Reverse Spin	Hover Cross Ending Jete' Point Lilt Lilt Pivot Mini Telespin Natural Fallaway Weave Natural Fallaway Whisk Natural Hover Cross Natural Telemark	Reverse Impetus Right Lunge Roll & Slip Right Turning Lock Ripple Chasse' Rising Lock Royal Spin Running Open Natural Syncopated Whisk Tipple Chasse'

Foxtrot Figures and Sources for How to Dance Them

Eros Line Forward Tipple Chasse´ Hairpin Hinge	Natural Weave Outside Spin Quick Open Reverse Reverse Fallaway & Slip	Top Spin Turning Lock Zig Zag
Phase 6		
Big Top Checked Natural Slip Checked Reverse Slip Continuous Hover Cross Double Natural Spin Double Reverse Overspin Double Telemark Left Feather Link to Promenade Natural Twist Turn Pivot to Hairpin Reverse Corte	Reverse Pivot Ronde & Slip Rudolph Ronde Rudolph Ronde & Slip Rumba Cross Running Hover Running Spin Same Foot Lunge Spin & Double Twist Spin & Twist Telefeather	Teleronde Telespin to Banjo Telespin to CP Telespin to Semi Teleswivel Three Fallaways Throwaway Oversway Traveling Contra Check Traveling Hover Cross Traveling Swivel Tumble Turn

Roundalab.org, defining figures on behalf of the round dance movement, offers subscriptions to [Manuals](#) (defining figures) and to [Videos](#) of each figure.

ICBDA.com provides to [members](#) a Technical Advisory Committee (TAC) manual with information about the more advanced figures (4-6) and has past convention clinic videos for sale.

* Figures defined and diagrammed in *Fancy Figures: Phase III Moderns*, pp. 13-71. Members of [ICBDA](#) can download free (on right-hand menu on **member** home page find "How to Dance" and select "Beginning Manuals." Improved descriptions for the figures and rhythm are defined on this website (see Teaching cue sheet and Supplemental Notes).

Clinic Notes from ICBDA Conventions (*Foxtrot and Standard or Smooth*)

ICBDA [members](#) also may freely download the following articles located on left-hand menu of **ICBDA member home** page under "**Past Convention Syllabus**." Select the convention year and scroll to the page number.

Foxtrot

<u>Year: Page</u>	<u>Presenter/s</u>	<u>Title</u>
2022: 30	Wayne & Barbara Blackford	"Foxtrot Clinic - Phase 5/6"
2021: 29-30	Tom Hicks	"Creating a Fundamental Movement through Foot Placement, Transfer of Weight, and Sway"
2018: 42-44	Wayne & Barbara Blackford	"Smooth Out & Make Your Foxtrot Travel"
2018: 45-46	Bob & Sally Nolen	"Foxtrot Workshop for the Advanced Dancer"

Foxtrot Figures and Sources for How to Dance Them

2018: 47-50	Mark & Pam Prow	"Foxtrot Clinic Notes"
2017: 35-36	Randy Lewis & Debbie Olson	"Let's Get Smooth - Foxtrot Clinic Phase 4"
2017: 37-39	Paula & Warwick Armstrong	"Foxtrot Clinic - Phase 5"
2015: 39	Ron & Mary Noble	"Foxtrot Clinic - Phase VI"
2015: 42	Kristine & Bruce Nelson	"Float & Flight & Fun - It's Foxtrot"
2015: 45	Wayne & Barbara Blackford	"Phase IV and V Foxtrot"
2012: 31-33	Sandi & Dan Finch	"Foxtrot: An Advanced (Phase V) Discussion"
2012: 37	Wayne & Barbara Blackford	"Foxtrot = For Men Only"
2012: 40-42	Gert-Jan & Susie Rotscheid	"The Foxy Foxtrot"
2008: 68-69	Paul & Linda Robinson	"Waltz & Foxtrot, A Comparison"
2008: 70-74	Paul & Ann Clements	"Leading and Following in Waltz & Foxtrot"
2007: 67	Anne & Gup Gupton	"Waltz & Foxtrot Figures"
2006: 84-87	Anita Froehlich & Rick Linden	"Improving Your Foxtrot"
2006: 101	Ken & Irene Slater	"Foxtrot Clinic Notes"
2004: 108-111	Chris & Terri Cantrell	"Foxtrot"
2004: 118-119	Richard E. Lamberty	"Rise in Waltz and Foxtrot"
2003: 58-59	Brent & Judy Moore	"Simply Speaking, It's Simply Foxtrot"
2002: 63-64	Kay & Joy Read	"Foxtrot Weaves - Expanding the Basics"
2000: 48-50	Carlos & Nancy Esqueda	"Foxtrot Clinic Notes"
1996: 53-55	Phil & Jane Robertson	"Dancing Foxtrot"
1994: 33	Carlos & Nancy Esqueda	"Foxtrot Clinic Notes"
1992: 30	Jim & Bobbie Childers	"Walk, Dance, Fly: 1992 URDC Foxtrot Clinic Notes"
1991: 47-48	Peter & Beryl Barton	"International Slow Foxtrot Notes"
1991: 49-51	Mike & Sally Poehler	"Advanced Foxtrot Figure Clinic"
1990: 43	Richard E. Lamberty & Marilou Morales	"Foxtrot Clinic Notes"
1989: 30-31	Ken & Irene Slater	"Clinic Notes for Slow Foxtrot Phase IV+"
1989: 33B	Jim & Bobbie Childers	"Foxtrot Clinic Notes"
1988: 42-44	Richard & Jo Anne Lawson	"Clinic Notes - Phase IV Foxtrot & Swing"
1987: 38-40	Eddie & Audrey Palmquist	"Dancing Slow Foxtrot"
1987: 42-44	Mike & Sally Poehler	"International Slow Foxtrot Clinic Notes"
1985: 75-76	Irv & Betty Easterday	"The American Foxtrot - Intermediate to Advanced Clinic"
1985: 77-79	Eddie & Audrey Palmquist	"Dancing Slow Foxtrot at the Advanced Level"
1984: 23-24	Brent & Michey Moore	"Waltz/Foxtrot Clinic Notes"
1983: 21-22	Bill & Carol Goss	"Foxtrot Clinic Notes"
1982: 101-109	Bill & Dorothy Britton	"International Slow Foxtrot Clinic"
1980: 37-38	Sam & Jody Shawver	"Slow Foxtrot"

Foxtrot Figures and Sources for How to Dance Them

1979: 65-68 Glen & Elaine Dolmar "Slow Fox Trot Workshop"

Modern Ballroom or Smooth Rhythms

Year: Page

Title

2024: 30-31	Bill & Carol Goss	"Lines, They Aren't Always Straight: A Picture Figure Clinic"
2019: 33-34	John & Karen Herr	"Suggestions for Better Dancing"
2018: 39-41	Dan & Sandi Finch	"The Lefts and the Rights: Improving Your Rotational Figures"
2010: 109-111	Paul & Linda Robinson	"Smooth Dancing"
2010: 113	Gert-Jan & Susie Rotscheid	"It's Not Just About Getting There -- But How You Get There"
2009: 51-53	Ron & Mary Noble	"Dance with Ease: Constants in Dancing"
2007: 70	Kristine & Bruce Nelson	"Movin' on UP!"
2007: 74	Judy & Hank Scherrer	"Intermediate Picture Figures"
2006: 74-76	Chris & Terri Cantrell	"Lead? Follow?"
2006: 77-79	Ralph & Joan Collipi	"Smooth Dancing: If Fred Ginger Can Do It, Why Can't You?"
2006: 80-83	Sandi & Dan Finch	"Finding Solutions for Common Problems in Smooth Dancing"
2005: 115-116	Wayne & Barbara Blackford	"The Secrets of Successful Dancing (S.O.S. Help!)"
2005: 117-118	Jack & Judy DeChenne	"Your Space or Mine?"
2005: 121-123	Richard E. Lamberty	"Partnered Rotations: Turns, Spins, and Swivels"
2005: 135-137	Kenji & Nobuko Shibata	"Shape & Make a Line: Picture Figure Clinic"
2004: 112-113	Brent & Judy Moore	"It's a Side Show"
2004: 118-119	Richard E. Lamberty	"Rise in Waltz and Foxtrot"
2004: 120-121	Richard E. Lamberty	"Sway: The Basics"
2003: 49	Kay & Joy Read	"Transcending from Telemarks to Telespins"
2003: 50-51	Gert-Jan & Susie Rotscheid	"Spins & Turns"
2003: 54-55	Brent & Judy Moore	"Taking the Mystry Out of CBM and CBMP"
2002: 65	Curt & Tammy Worlock	"Heel Turns"
2001: 61-63	Brent & Judy Moore	"Making and Adapting Ballroom Lines"
2001: 67	Richard Lamberty	"The Five Fundamental Foot Positions"
2000: 54	Richard E. Lamberty & Alise Halbert	"Open Work in Higher Level Rounds"
1999: 42-43	Wayne & Barbara Blackford	"The ABC's of Dancing"

Foxtrot Figures and Sources for How to Dance Them

1999: 53-54	Curt & Tammy Worlock	"Stretch & Shape (Creating Sway)"
1998: 50-53	Jerry & Diana Broadwater	"The Rotary & Linear Action Relative to Our Swing Rhythms"
1998: 65	Richard E. Lamberty & Alise Halbert	"An Analysis of Widely Used Figures from Popular Dances"
1997: 18-24	Richard E Lamberty	"Footwork and Rise: Two Sides of the Same Coin"
1996: 33-37	Richard Lamberty	"Basic Latin Action" (compared with Ballroom)
1995: 37	Peter & Beryl Barton	"Peter & Beryl Barton's Comments & Suggestions for Better Dancing"
1987: 46-50	Mike & Diana Sheridan	"Lines and Picture Figures"
1981: 15-17	Roy & Phyllis Stier	"Styling Clinic"