

ONLINE FOXTROT TEACHING VIDEOS

The **Foxtrot** (also: "Fox trot", "foxtrot", "fox trot") is a ballroom dance which takes its name from its inventor, the vaudeville actor Harry Fox. According to legend, Fox was unable to find female dancers capable of performing the more difficult two-step. As a result, he added stagger steps (two trots), creating the basic Foxtrot rhythm of slow-slow-quick-quick. The dance was premiered in 1914, quickly catching the eye of the talented husband and wife duo, Vernon and Irene Castle, who lent the dance its signature grace and style. It was later standardized by Arthur Murray, in whose version it began to imitate the positions of American Tango.

At its inception, the Foxtrot was originally danced to ragtime. Today, the dance is customarily accompanied by the same big band music to which swing is also danced.

From the late teens through the 1940's, the foxtrot was certainly the most popular fast dance and the vast majority of records issued during these years were foxtrots. The waltz and tango, while popular, never overtook the foxtrot. (Even the popularity of the lindy hop in the 1940's didn't dent the foxtrot because the foxtrot could be danced to those lindy hop records, as well.)

When rock and roll first emerged in the early 1950s, record companies were uncertain as to what style of dance would be most applicable to the music. Famously, Decca Records initially labelled its rock and roll releases as "Fox trots", most notably "Rock Around the Clock" by Bill Haley and His Comets. Since that recording, by some estimates, went on to sell more than 25 million copies, "Rock Around the Clock" is technically the biggest-selling "Foxtrot" of all time.

Over time, Foxtrot split into slow (Foxtrot) and quick (Quickstep) versions.

The foxtrot is a "walking" dance. The dancers express the music by movement across the floor.

The character is smooth and flowing.

The style or technique used is brush and follow through with the feet.

There are two timings: Slow - Quick - Quick and

Slow - Slow - Quick -Quick

Foxtrot shares many of the same steps with the Waltz.

How to Dance the Foxtrot

Women's Part

<http://youtube.com/watch?v=jTorI9o6tCo>

Men's Part

<http://youtube.com/watch?v=DHL4TUzKzk4>

Beginning

<http://youtube.com/watch?v=KHI7grhT-mI>

<http://www.youtube.com/watch?v=uwJDESV-IUw>

<http://youtube.com/watch?v=Qen8gTrH6nM>

<http://youtube.com/watch?v=SI3WSiTb5Y>

Intermediate

<http://youtube.com/watch?v=jt1eedw2kAk>

<http://www.youtube.com/watch?v=0QWAE5SnzeY&NR=1>

Foxtrot Figures

<http://www.youtube.com/watch?v=mbgCGI37Dk4>

<http://www.youtube.com/watch?v=VCscrkha6u8>

Foxtrot Demonstration Videos

<http://foxtrot.ucan2.com/>

Videos can be useful, but you are likely to acquire much more expertise by attending a few dance classes, either at one of the Senior Centers or at one of the local dance studios. Dance class resources are listed near the end of the attached "DANCE SCHEDULE". In Kingsport, the Senior Center's Ballroom Class meets every Friday evening, 5:00-6:30, in the cafeteria. There is no charge for these classes if you are a member of the Kingsport Senior Center.