

Fox Trot

Fast Facts:

During the summer of 1914, actor Harry Fox was appearing in shows in New York with Yansci Dolly, in an act of Hammerstein's. Soon people at the *Jardin de Danse* on the roof of the New York Theater began copying the act that Harry was putting on downstairs, leading them to refer to the dance as "Fox's Trot."

The foxtrot is a very smooth dance and there should be no jerkiness. It is a dance with many continuously forward or backward moving patterns which are straight and well aligned on the competition floor. It is called the Rolls Royce of the standard dancing styles because the smoothness that is required. ***

The timing is very important. It should be: slow, quick, quick, slow. The dancers should drive off on the slow and let the quicks take care of themselves. This makes it a very difficult dance.

Distinctive moves:

The Weave - the weave is six quick steps in a row, all taken on the toes. Quick steps are generally taken on the toe, slow steps on the heels.

The Feather Step - when the man steps outside the girl.

Look out for the *zig zag* patterns that the dancers create on the floor.

***** American Smooth Style:**

The American Smooth style means couples can break the traditional ballroom "hold" throughout the performance allowing more open movements, including under arm turns. Think Fred and Ginger.

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Foxtrot (International Standard, American Smooth)

The foxtrot is relatively simple and very versatile, giving beginners a great foundation to work with. It can be danced at slow, medium or fast tempos, making it easy to move gracefully across the floor for social dancers of all skill levels.

The dance was named after vaudeville performer Harry Fox, and it quickly pushed aside the other "trots" popular in the ragtime era. The American Smooth version danced in competitions is slower, and was made popular by Fred Astaire. The International Standard foxtrot, slower still, is sometimes called the "slow foxtrot" and was developed in England.

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