

# CLINIC CORNER

*This is a compilation of information from, Ballroom Dancing (A.E. Moore), Technique of Ballroom Dancing (Guy Howard), Just One Idea (Len Scrivener) & various personal contacts. This column is devoted to help promote comfortable dancing. - Chris & Terri Cantrell*

## **FOXTROT CHARACTERISTICS - part 2**

*The following ideas have been collected in order to assist you in comfortable dancing and are not meant to be absolutes. Many of the following items may help the dancer's comfort & confidence.*

**MOVEMENT:** Foxtrot movement generally involves long, gliding steps. The second step may be slightly shorter due to the rising action, while the third step may be slightly longer to assist in giving the figure a smooth, flowing appearance.

**FORWARD MOVEMENT:** Lower into the knee of the supporting foot (i.e. right foot). Swing the free foot forward from the hip (i.e. left foot). As the step is being taken, release the heel of the supporting foot (i.e. right foot). Take the step with the heel of the free foot (i.e. left foot). Gather the initial supporting foot under the body (i.e. right foot). Step 1 generally ends with a slight rise. This movement in Foxtrot is generally taken with Contrary Body Movement (CBM). CBM is the action of turning the opposite hip and shoulder towards the direction of the moving leg. CBM is used to begin all turning movements. Step one is generally taken as a SLOW.

The second and third steps are generally taken with the toe/ball of the foot with a body sway to the left. Step 2 generally remains in a risen position and you generally lower at the end of step 3. Step three is generally ends with Contrary Body Movement Position (CBMP). CBMP is the position attained when either foot is placed across the front or the back of the body without the body turning, for example, every step taken outside of the partner is placed in CBMP. CBMP is a foot position. Occasionally CBMP is accompanied by CBM. Step two and three are generally taken as QUICKS.

**BACKWARD MOVEMENT:** Bend the knee of the supporting foot, lower into the supporting leg (i.e. left foot). Reach the free foot, leg and hip back with the toe of the foot (i.e. right foot). As you take weight on the free foot, drag the heel of the supporting foot back until it is collected under the body.

**SHOULDER LEAD:** The Shoulder Lead occurs when the same foot and shoulder move forward or backward at the same time, i.e. the right shoulder and the right foot move forward on the same step.

**CONTRARY BODY MOVEMENT:** Contrary Body Movement (CBM) is the action of turning the opposite hip and shoulder towards the direction of the moving leg, and is used to begin all turning movements. The simplest way to initiate CBM is to precede it by a shoulder lead. Then simply step forward or backward with no additional body or shoulder rotation.

**CONTRARY BODY MOVEMENT POSITION:** Contrary Body Movement Position (CBMP) is the position attained when either foot is placed across the front or the back of the body without body turn. Steps taken in Banjo (BJO) position should end in CBMP.