

THE FOX TROT

The story is that a New York vaudevillian named Harry Fox originated this dance in the early 1900's. Since then it has become the most popular and most useful of all ballroom dances. It is also the easiest to learn. In fact, one easy step, which Arthur Murray dubbed the Magic Step, is the basis for 75 percent of all popular Fox Trot steps.

To do the Magic Step, you just have to learn one rhythmic pattern of two slow and two quick counts (the slow counts requiring two beats of music; the quick counts, one) until it becomes almost automatic. The music will help to guide you without your having to think, "What shall I do next?" The pattern itself may be taken forward (diagrammed at right) or backward.

The Magic Left Turn is another very useful step. By repeating it in succession, you can make a complete turn. The side step, or chassé (see the Basic Merengue to the Side, page 12), is also a popular variation of the Fox Trot.

After you have learned the steps, try them to slow music. (See the Index on the back cover for *Dance Party* Fox Trot music.) Repeat the steps as you progress around the room. Count slow, slow, quick, quick. When you are sure of yourself, dance the steps repeatedly to fast music.

The Forward Magic Step

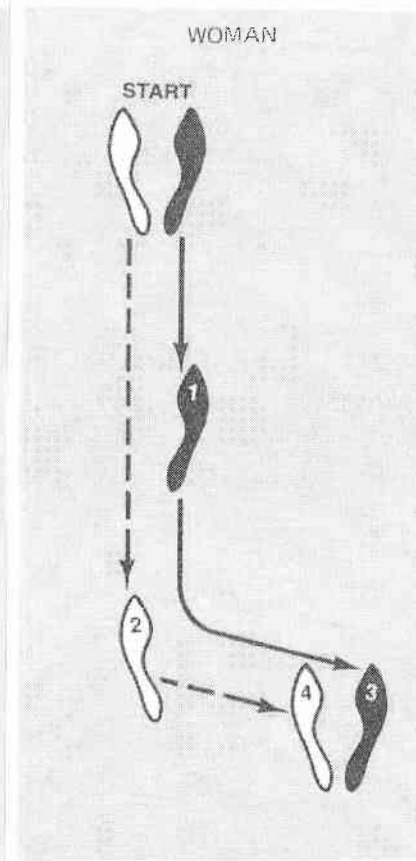
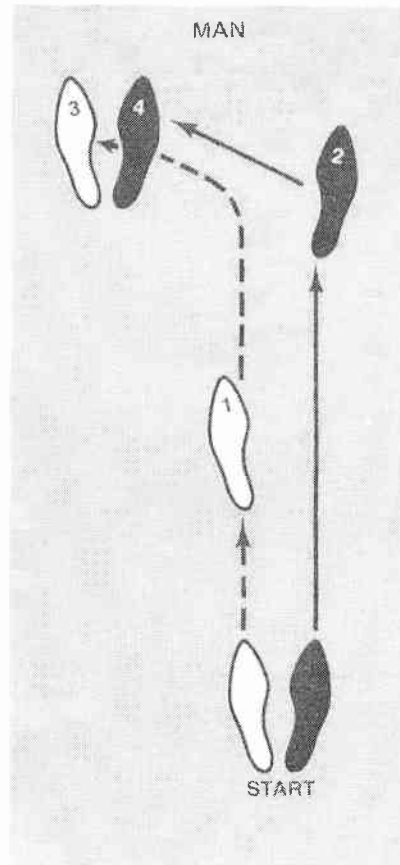
MAN'S PART

1. Step forward with left foot (slow).
2. Step forward with right foot (slow).
3. Step to left side with left foot (quick).
4. Bring right foot next to left, weight on right (quick).

WOMAN'S PART

1. Step back with right foot (slow).
2. Step back with left foot (slow).
3. Step to right side with right foot (quick).
4. Bring left foot next to right, weight on left (quick).

The Backward Magic Step (the man's first two steps are taken backward, starting with his left foot; the woman steps forward, starting with her right) has the same count that you have already used on the Forward Magic Step—slow, slow, quick, quick. But remember that it takes longer to learn to dance backward than forward. Give yourself ample practice—first alone and without music.



The Magic Left Turn

MAN'S PART

1. Step forward with left foot, turning left (slow).
2. Step back with right foot, still turning left (slow).
3. Step to left side with left foot (quick).
4. Bring right foot next to left, weight on right (quick).

WOMAN'S PART

1. Step back with right foot, turning left (slow).
2. Step forward with left foot, still turning left (slow).
3. Step to right side with right foot (quick).
4. Bring left foot next to right, weight on left (quick).

