

Foxtrot

The Foxtrot is a smooth and elegant dance that incorporates walking and brush steps. Harry Fox is credited with creating this dance in the early 1900's with his "trotting" steps to Ragtime music. The step involves two rhythms: slow-slow-quick-quick and slow-quick-quick for progressive dancing and a box step.

If you'd enjoy gliding around the dance floor to the legendary sounds of Glenn Miller or Frank Sinatra then this is your dance. But what's old is new again as this dance works so well with contemporary hits such as *Everything* by Michael Bublé, *The Sweet Escape* by Gwen Stefani and *I'm Yours* by Jason Mraz.