

Figuren Basic Slow Foxtrot volgens Moore (ISTD) en Howard (IDTA)

Volgens het boek Moore (ISTD):

- Feathers:
 - o Feather Step
 - o Feather Finish - 1st step taken back
 - o Feather Finish commenced with partner OP (Outside Partner) on Left Side
 - o Feather Ending - 1st step taken in PP
 - o Hover Feather
 - o Feather Step commenced OP (Outside Partner)
- Three Step
- Natural Turn
- Reverse Turn (incorporating Feather Finish)
- Closed Impetus and Feather Finish
- Natural Weave
- Change of Direction
- Basic Weave
- Closed Telemark
- Open Telemark and Feather Ending
- Top spin (at a corner after 1-6 Reverse Turn)
- Hover Feather (taken after a Heel Pull)
- Hover Telemark
- Hover Telemark to PP
- Natural Telemark
- Hover Cross
- Open Telemark, Natural Turn to Outside Swivel and Feather Ending
- Open Impetus
- Weave from PP
- Reverse Wave

Figuren die aanvullend worden genoemd in Howard (IDTA):

- Quick Natural Weave from P.P. (Running Weave)
- Quick Open Reverse
- Reverse Pivot
- Top Spin (all alignments)
- Natural Twist turn

Dit overzicht wordt je aangeboden door **Dansersvereniging VDN**.
Goed idee? Doe er iets mee! Laat het ons weten op www.danssporter.nl !

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