

# *dance* Bethesda

## American Bronze Foxtrot Syllabi.

<b>Newcomer</b>	<b>I</b>	<b>FP</b>	<b>T</b>	<b>L.F</b>	<b>S</b>	<b>C</b>
Basic						
Promenade						
Rock Turn to Left						
Rock Turn to Right						
Promenade Underarm Turn						
<b>Beginner</b>						
Sway Step						
Sway Underarm Turn						
Zig Zag In Line						
Zig Zag Outside Partner						
<b>Intermediate</b>						
Box Step						
Twinkle						
Fallaway Twinkles						
Promenade Twinkles						
Turning Twinkles to Outside Partner						
<b>Advanced</b>						
Grapevine						
Promenade Twist						
Promenade Pivot						
Running Steps in Basic Rhythm						
Running Steps in Box Rhythm						

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I/Introduction    F.P/Foot Positions    T/Timing    L/F/Lead and Follow  
S/Style    C/Checked