

Official Team American Foxtrot Routine (bronze)

Start out leader facing DW to go down the *long side of the ballroom*:

1. Forward and Backward basic (in a zigzag pattern, SSQQSSQQ etc.)
2. Regular Promenade (SSQQ)
3. Promenade with Lady's UAT (SSQQ)
4. (ad lib another regular Promenade)
5. Two steps SS of Forward Basic, to Grapevine (8 Quick steps, close feet at the end)
6. (ad lib another Basic)
7. Rock Turn (at corner, SSQQ)

Short side of the ballroom:

8. (ad lib another Basic)
9. Simple Twinkle (SQQ, SQQ, close feet every three steps)
10. (ad lib repeat Simple Twinkle)
11. Rock Turn (SSQQ)