

Slow Foxtrot

- 1 Feather Step
- 2 Three Step
- 3 Feather Finish
- 4 Feather Ending
- 5 Hover Feather
- 6 Natural Turn
- 7 Reverse Turn
- 8 Basic Weave
- 9 Natural Weave
- 10 Change of Direction
- 11 Heel Pull Finish
- 12 Whisk
- 13 Back Whisk
- 14 Open Natural Turn
- 15 Double Reverse Spin
- 16 Telemark
- 17 Telemark to PP
- 18 Hover Telemark
- 19 Hover Telemark to PP
- 20 Natural Telemark
- 21 Natural Hover Telemark
- 22 Impetus

- 23 Impetus to PP
- 24 Weave from PP
- 25 Hover Cross
- 26 Top Spin
- 27 Outside Swivel
- 28 Outside Spin
- 29 Reverse Wave
- 30 Natural Twist Turn
- 31 Natural Twist Turn with Natural Weave
- 32 Natural Twist Turn with Impetus and Feather Finish
- 33 Natural Twist Turn with Impetus to PP
- 34 Natural Zig Zag from PP
- 35 Curved Three Step
- 36 Curved Feather
- 37 Curved Feather from PP
- 38 Back Feather
- 39 Fallaway Reverse and Slip Pivot
- 40 Bounce Fallaway Weave Ending
- 41 Running Weave from PP
- 42 Quick Open Reverse Turn
- 43 Extended Reverse Wave
- 44 Reverse Pivot
- 45 Hover Corte
- 46 Progressive Chasse to R