



Bronze Foxtrot Figures

American Smooth Figures

FOXTROT - Bronze

Bronze I	Figures	Posture	Partnership	Expression
1. Basic	☐	☐	☐	☐
2. Promenade	☐	☐	☐	☐
3A. Rock Turn to Left (Left Rock Turn)	☐	☐	☐	☐
3B. Rock Turn to Right (Right Rock Turn)	☐	☐	☐	☐
Bronze II				
4. Sway Step	☐	☐	☐	☐
5A. Promenade Underarm Turn	☐	☐	☐	☐
5B. Sway Underarm Turn	☐	☐	☐	☐
6A. Zig Zag in Line	☐	☐	☐	☐
6B. Zig Zag Outside Partner	☐	☐	☐	☐
7. Box Step	☐	☐	☐	☐
Bronze III				
8. Twinkle	☐	☐	☐	☐
9. Fallaway Twinkles	☐	☐	☐	☐
10. Promenade Twinkles	☐	☐	☐	☐
11. Turning Twinkles to Outside Partner	☐	☐	☐	☐



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Bronze IV	Figures	Posture	Partnership	Expression
12. Grapevine	○	○	○	○
13. Promenade Twist	○	○	○	○
14. Promenade Pivot	○	○	○	○
15A. Running Steps in Basic Rhythm	○	○	○	○
15B. Running Steps in Box Rhythm	○	○	○	○



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FOXTROT - Silver

Silver I	Figures	Posture	Partnership	Expression
1. Open Left Box	☐	☐	☐	☐
2. Open Right Turn	☐	☐	☐	☐
3. Grapevine	☐	☐	☐	☐
Silver II				
4. Weave from Promenade	☐	☐	☐	☐
5. Chair & Slip	☐	☐	☐	☐
6. Oversway	☐	☐	☐	☐
7A. Hairpin from Reverse	☐	☐	☐	☐
7B. Hairpin from Promenade	☐	☐	☐	☐
Silver III				
8. Slide & Check	☐	☐	☐	☐
9. Fallaway & Weave	☐	☐	☐	☐
10. Curved Running Steps	☐	☐	☐	☐



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FOXTROT - Silver

Silver IV	Figures	Posture	Partnership	Expression
11. Natural Fallaway	☐	☐	☐	☐
12. Outside Swivel	☐	☐	☐	☐
13. Hover Corté	☐	☐	☐	☐
14. Promenade Pivot	☐	☐	☐	☐
15. The Gem	☐	☐	☐	☐



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FOXTROT - Gold

Gold I	Figures	Posture	Partnership	Expression
1. Open Grapevines	☐	☐	☐	☐
2. Continuous Hairpins	☐	☐	☐	☐
3. Passing Changes	☐	☐	☐	☐
4. Owersway to Shadow	☐	☐	☐	☐
5. Half Turns in Shadow	☐	☐	☐	☐
Gold II				
6. Advanced Gem	☐	☐	☐	☐
7. Curve & Roll	☐	☐	☐	☐
8. Hairpins in Shadow	☐	☐	☐	☐
9. Check & Sway	☐	☐	☐	☐
10. Hinge to Shadow	☐	☐	☐	☐