From the collection of Richard Powers

This booklet also contains all the Famous Columbia Dance Records

HOW

DANCE THE

FOX TROT

ORIGINATOR OF THIS SEASON'S MOST POPULAR DANCE

> Compliments of Columbia Graphophone Company, Woolworth Building, New York

umbia

Note

Nov. 23, 1914.

Columbia Graphophone Co., New York City.

Gentlemen:

The Fox-trot was originated and danced first by me at my Persian Garden in New York and later in vaudeville.

Your Columbia Dance Records, with their spritely, clearcut rhythms, are the best records for dancing this season's big dance—the Fox-trot.

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# THE FOX TROT

# How To Dance It

# By JOAN SAWYER

Originator of this Season's most Popular Dance



HIS season's one big dance, the *Fox Trot*, is assuredly extremely popular. It is the fashionable dance of the Smart Set. What they choose for the dance of the season you may be sure will become the dance of the people. The Fox Trot is the logical successor of the One-step, as the One-step became the logical successor of the original Turkey-Trot.

The Fox Trot is simple, hence is easily mastered. It is graceful when danced well, and marvelously full of style.

The Fox Trot had its conception in my Persian Garden in the heart of Broadway, New York City, and I featured the "trot" in my professional stage work, even before the dance was given the name of Fox Trot. Just as every dancer after learning the One-step last season, wanted the music played at topmost speed, just so certain was I that a new dance was being formulated to keep company with the ecstasy and the joy of quick action. The Fox Trot is the sequence. It is the dance of the "thoroughbred" as it were, full of action, with no "kicking" or "dipping," but an up-on-your-toes dance, spritely, full of style as I have remarked before, and affording an opportunity for much dignified self-expression. May I take this occasion to state that all the fashionable dancing of this season, is much more a "stand tall," "head up" graceful gliding than that of last season. The feet rarely, if ever, leave the surface of the ball-room floor. If you happen to notice dancers hopping,

dipping, or kicking up one foot in ball-room dancing, just make a mental memorandum that such dancers are "from the hills," and are not doing the correct thing.

Fashionable drawing-room methods and manners are one thing and stage dancing is another. You are interested in the latter, I am sure, but I believe you are more interested from a personal standpoint in the former. You love the professional stage form of the art and so do I; but you want to *do* the Fox Trot, not look at it or read about it, so I am going to show you the ball-room way of doing it. I shall give you instruction as though I were talking to a dancing partner, therefore I shall describe most of the time what the gentleman does in negotiating the steps of the figures, and my lady readers must do just the exact opposite of what I prescribe for the gentleman.

### THE MUSIC OF THE FOX TROT

The Fox Trot music is thoroughly American, and quite original in style. In spirit, someone has said it is enthusiasm geared up to forty horse-power speed. This is truly typical of anything American, every time. Nevertheless, the music is dainty, tripping and ribbon-of-tone like, and that is where the American lady's modern spirit is typified.

The time is four-four meter, with the dotted eighth and sixteenth note rhythm group in preponderance.

It is always good judgment to become perfectly familiar with the music of a dance before trying to acquire the steps of it. You absorb the spirit of the dance by so doing, and know much better what interpretation to give the dance.

I suggest that you play Columbia Record No. 5595—"Ballin' the Jack"—two or three times, listening very attentively to the accent of the music.

I also suggest you walk about the room, using a moderate regular walking step to each half measure, or about one step a second, gently swaying the body in accord with each step. This will give you the rhythmic swing of the music as certain walking steps are used time and again to rest the dancers between the "trots."

# THE DIFFERENT FIGURES

Memorize the different figures of the dance in their order, and then I will teach you each figure. The figures are as follows, and I shall use my own terms in defining them:

- I. The Walk and "Trot."
- 2. The Drag-step and "Trot."
- 3. The Maxixe-glide and "Trot."
- 4. The Zig-Zag step and "Trot."

Before teaching each figure separately, let me clearly define the "Trot." It is a fast, smooth, gliding run, with heels raised, and with the weight of the body continually on the balls of the feet. There is no taking of the feet from the floor. It is simply an exhilarated, prancing, glide-along, in one direction. Memorize the above.

The dancers face each other and take the same position as for the Waltz.

The gentleman standing with the weight of his body on his right foot, the lady with the weight of her body on her left foot. Now we are ready to begin the



No. 1

# First Figure

# The Walk and "Trot"

This figure consists of four, long, slow walking steps, followed by eight fast "trot-steps," all in one direction.

The gentleman starts forward with his left foot first (lady starting backward with her right).

All the gentleman has to think is Walk, Walk, Walk, Walk, trot-trot, trot-trot, trot-trot, trot-trot, and then he repeats the whole thing again. The lady's feet will move backward in this order, Right, Left, Right, Left, rightleft, right-left, right-left.

The walking step is taken with a graceful long stride; see picture of couple taking the very first step No. 1. Note carefully the style of the step.



No. 2

Now study the particular style to be observed in the "*trot*" as indicated in Picture No. 2.

Practice and practice this first figure, for upon the style you acquire in doing this you will be judged as a "Fox-trotter." Use entire figure twice as the usual thing.

### Second Figure The Drag Step and "Trot"

Now a new action of the feet is necessary. The drag-step resembles a certain step that gave the One-step distinction.

The gentleman slides the left foot out to *his left* as though he were going to walk sideways.

He then drags his right foot over back of the heel of the left foot, com-

ing up slightly on the toes at the end of the movement, and breaks into a forward "trot" of four steps, gentleman starting the first trot step with his left foot.

He must think as follows: *Slide* (left foot), *Drag* (right foot), trottrot, trot-trot. Do it four times in succession without stopping. Picture No. 3 shows the first slide of the figure.

The lady you see slides her right foot out to her right, she then points the toe of her left foot over in front of her right foot, throwing her weight on to the left foot, then trots backward four steps, sliding the right foot back first.

Remember—do the whole figure four times.

Now practice the Walk and



No. 3

"Trot" figure and the Drag-step and "Trot" figure together, and then take up the third figure for study.

## Third Figure The Maxixe-Glide and "Trot"

The technical description of this Maxixe-Glide and "Trot" will be readily understood by those who have danced the Maxixe. Picture No. 4 shows the very first motion of the Maxixe-glide.

Without any turning movement, Maxixe two-step once to the gentleman's left, then to his right, then to his left again, and then to his right, the couple moving forward around the room at each maxixe glide, and without any pause at the last step do the



No. 4

eight "trot" steps, just as you did the "trot" steps of the first figure.

Do the whole thing twice to complete.

Now review all three figures in succession.

## Fourth Figure Zig-Zag Step and "Trot"

It would not be any fun if I did not give you a hard figure to do. The "Zig-Zag" is a hard one. As difficult as it is to do, it is much more difficult to describe. It is loads of fun to dance it though, so I am going to make the attempt.

You remember the "grape-vine" in the One-step? Well, you moved sideways in that. In the "Zig-Zag" you sort of "grapevine" *forward*. But you don't really "grape-vine"—you "Zig-Zag."

Following is what the gentleman does, and he does it quicker than lightning:

His movement is forward in the "Zig-Zag." He moves left foot to the left, he crosses right foot over back of the left foot, the "Zag." He moves right foot to his right, he crosses left foot



No. 5

over back of the right foot, and then slides his right foot out to his right. This is the "Zag."

(To the lady every *right* should read *left* and every *left* should read *right*. She makes the crossing of one foot in *front* of the other instead of *back*, as the gentleman does.)

Picture No. 5 will not help you much, but it illustrates the gentleman crossing his left foot over in back of the right foot in the "Zag."

### A Closing Word

Of course there are many variations other than those given here; but if you master thoroughly what I have described you may go on the ball-room floor with confidence.

In studying a figure of any dance,

it is well to read over the instructions carefully three or four times, getting the steps and procedure fully in mind before attempting to do it. Don't try it with music first. Do the steps first and then dance the steps to music.

While I would have you develop agility, don't overdo it. Remember what I said at first—get the beauty and style of the dance, so that it will fascinate.

Representative List of Columbia Double-	Disc Dance
Records	
(Arranged Numerically)	
FOX-TROTS	Number
(Arranged Numerically)	Size & Price
I Want to Go Back to Michigan. (Berlin.) Van Eps)	
Banjo Orchestra.	A1629
Soup to Nuts. (Arndt.) One-Step. Van Eps Banjo	10 in65c.
Orchestra.	
Memphis Blues. (Handy.) Prince's Band.	A5591
Society's Waltz Trot. (Platzman.) Prince's Band.	12 in.—\$1.00
Ballin' the Jack. (Smith.) Fox-trot. Prince's Band.	A5595
Meadowbrook Fox-Trot. (Kraus.) Prince's Band.	12 in.—\$1.00
Carolina. (Vodery.) Prince's Band.	A5599
Tsin-Tsin. (Onivas.) Prince's Band.	12 in.—\$1.00
The Old Homestead. (Penn.) Prince's Band.	A5600
Dream of the Rose. Hesitation Waltz. On themes of the Waldteufel Waltzes. (Arranged by Smith.)	12 in.—\$1.00
Prince's Band.	
Love With a Capital L. (Je Sais que Vous Etes Jolie.))	
(Christine.) Prince's Band.	A5607
When it's Night Time Down in Burgundy. (Paley.)	12 in.—\$1.00
One-Step. Prince's Band.	
Reuben Fox-Trot. (Claypoole.) Albert and Monroe	
Jockers. Violin and Piano. Maurice Glide. (Haenschen.) One-Step. Albert and	A5608 12 in.—\$1.00
Monroe Jockers. Violin and Piano.	12 III.—\$1.00
Morning Exercise. (Berlin.) Prince's Band.	
Parfum d'Amour. (Love's Perfume.) (Henry.) Hesi-	A5617
tation Waltz. Prince's Band.	12 in.—\$1.00
Sweetie Dear. Medley. (Bryan and Jordan.) Joan)	
Sawyer's Persian Garden Orchestra.	A5627
When You're a Long, Long Way From Home. (Meyer.) One-step. Joan Sawyer's Persian Garden Orchestra.	12 in.—\$1.00
ONE-STEPS	
(Arranged Numerically)	
Columbia Modern Dance Instruction Record—The One-	A1542
Goodbye Broadway. Prince's Band.	10 in.—75c.
My Hindoo Man. (Eugene.) Van Eps Banjo Orchestra.)	
Thanks for the Lobster. (Jones.) Van Eps Banjo Or-	A1593
chestra.	10 in.—65c.
Some Baby. (Lenzberg.) Van Eps Banjo Orchestra.	A1594
San Souci. (Green.) Maxixe Bresiliene. Van Eps	10 in.—65c.
Dunjo oronestra.	

<b>ONE-STEPS</b> (continued)	Number Size & Price
Soup to Nuts. (Arndt.) Van Eps Banjo Orchestra. I Want to Go Back to Michigan. (Berlin.) Fox-trot. Van Eps Banjo Orchestra.	A1629 10 in.—65c.
Some Smoke (De la Fumee.) (Romberg.) Prince's Orchestra. Leg of Mutton (Le Gigot.) (Romberg.) Prince's Or- chestra.	<b>A5496</b> 12 in.—\$1.00
Mammy Jinny's Jubilee. Medley. (Gilbert and Muir.) Prince's Orchestra. Trail of the Lonesome Pine. Medley. (Carroll.)	<b>A</b> 5502 12.in.—\$1.00
Puppchen. (Gilbert.) Prince's Band.   Y Como Le Va. Tango. (Valverde.) Prince's Band.   International Rag. (Berlin.) Prince's Band.   High Jinks. Waltz-Hesitation. (Friml.) Prince's Band.	A5531 12 in.—\$1.00 A5532 12 in.—\$1.00
Hungarian Rag. (Lenzberg.) Prince's Band. Heart o' Mine. (Keiser and Platzman.) Waltz-Hesita- tion. Prince's Band.	<b>A5541</b> 12 in.—\$1.00
"Sari." (Kalman.) Prince's Band. "Sari." Waltz-Hesitation. (Kalman.) Prince's Band. Queen of the Movies. (Gilbert.) Prince's Band.	A5542 12 in.—\$1.00 A5545
Hop o' My Thumb. (Platzman.) Prince's Band. All for the Girlies. (Gilbert.) Prince's Band. Dengozo. Maxize. (Nazareth.) Prince's Band.	12 in.—\$1.00 A5549 12 in.—\$1.00
Fascination. (Smith.) Prince's Band. You and I. (Langey.) Waltz-Hesitation. Prince's Band.	A5555 12 in.—\$1.00
You're Here and I'm Here. (Kern.) Prince's Band. The Kissing Cup. (Platzman.) Waltz-Hesitation. Prince's Band.	A5556 12 in.—\$1.00
Camp Meeting Band. (Gilbert and Muir.) Prince's Band. You Can't Get Away From It. (Schwartz.) Prince's Band.	<b>A</b> 5557 12 in.—\$1.00
Medley of Old Songs. (Arranged by M. Smith.) Prince's Band. Kitty Mackay. Hesitation Waltz. (Platzman.) Prince's Band.	A5560 12 in.—\$1.00
All Aboard for Dixie Land. (Cobb.) Prince's Band. Joan Sawyer Maxize. (Stagliano.) Prince's Band. Patriotic Medley. (Bernstein.) Prince's Band. La Brulante. (Winne.) Prince's Band. Who Paid the Rent for Mrs. Rip Van Winkle. (Bryan and Fischer.) Prince's Band. The Walla-Walla Man. (Bennett.) Prince's Band.	A5561 12 in.—\$1.00 A5573 12 in.—\$1.00 A5576 12 in.—\$1.00
(Domotry) Timore Band. )	

<b>ONE-STEPS</b> (continued)	Number Size & Price
Too Much Ginger. (Daly.) Prince's Band. Brazilian Dreams. (Dixon.) Maxixe. Prince's Band.	A5579 12 in.—\$1.00
Rose of the Mountain Trail. (Caddigan & Brennan.) Prince's Band. Mona Lisa. (Platzman.) Hesitation Waltz. Prince's	<b>A5581</b> 12 in.—\$1.00
Band.	12 III. \$1.00
By the Beautiful Sea. (Carroll.) Prince's Band. That's a Plenty. (Pollack.) Prince's Band.	<b>A558</b> 2 12 in.—\$1.00
Jungle Jambouree. (Smith.) Albert and Monroe Jockers. Violin and piano. Dorothy Waltzes. (Rodenbeck.) Albert and Monroe Jockers. Violin and piano.	<b>A</b> 5583 12 in.—\$1.00
At the Ball. (Hill.) Prince's Band. Congratulations. (Europe.) Hesitation Waltz. Prince's Band.	<b>A5589</b> 12 in.—\$1.00
<b>One-Step Man.</b> (Bennett.) Prince's Band. Beautiful Roses. (Carroll and Friedland.) Hesitation Waltz. Prince's Band.	<b>A5590</b> 12 in.—\$1.00
Gay Spirits. (Beaux Esprits.) (Tompkins.) Prince's Band. Valse Classique. (Adaption of Dvorak's ''Humoreske.'') (Arr. by Dabney.) Hesitation Waltz. Prince's Band.	<b>A5592</b> 12 in.—\$1.00
The Same Sort of Girl. (Kern.) From "The Girl From Utah." Prince's Band. Moonglide Waltz. (Benyon.) Prince's Band.	<b>A5606</b> 12 in.—\$1.00
When it's Night Time Down in Burgundy. (Paley.) Prince's Band. Love with a Capital L. (Je Sais que Vous Etes Jolie.) (Christine.) Fox-trot. Prince's Band.	<b>A5607</b> 12 in.—\$1.00
Maurice Glide. (Haenschen.) Jockers. Violin and piano. Reuben Fox-Trot. (Claypoole.) Jockers. Violin and piano.	<b>A5608</b> 12 in.—\$1.00
The Mississippi Barbecue. (Reed.) Albert and Monroe Jockers. Violin and piano. Amelia Waltzes. (Jockers Brothers and Mayer.) Albert and Monroe Jockers. Violin and piano.	<b>A5609</b> 12 in.—\$1.00
It's a Long, Long Way to Tipperary. (Williams.) Prince's Band. As You Please. (Lamont.) Van Eps Banjo Orchestra.	<b>A5613</b> 12 in.—\$1.00
College Medley, No. I. Prince's Band. College Medley, No. II. Prince's Band.	<b>A5615</b> 12 in.—\$1.00
When You're a Long, Long Way From Home. (Meyer.) Joan Sawyer's Persian Garden Orchestra. Sweetie Dear. Medley. (Bryan and Jordan.) Fox-trot. Joan Sawyer's Persian Garden Orchestra.	<b>A</b> 5627 12 in.—\$1.00

HESITATION WALTZES (Arranged Numerically)	Number Size & Price
Columbia Modern Dance Instruction Record—The Hesi- tation. Columbia Hesitation Waltz. Prince's Band.	A1543 10 in.—75c.
The Poem. (La Poeme.) (Romberg.) Prince's Or- chestra. Nights of Gladness. (Ancliffe.) Prince's Orchestra.	<b>A5494</b> 12 in.—\$1.00
The Firefly Waltzes. (Friml.) Prince's Orchestra. Argentine Tango from the "Sunshine Girl." (Rubens.) Prince's Band.	<b>A5513</b> 12 in.—\$1.00
Hesitation Waltz. (Shaw.) Prince's Band. L'Amour. One-step. (Christine.) Prince's Band.	<b>A5524</b> 12 in.—\$1.00
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High Jinks. (Friml.) Prince's Band. International Rag. One-step. (Berlin.) Prince's Band.	<b>A5532</b> 12 in.—\$1.00
Heart o' Mine. (Keiser and Platzman.) Prince's Band. Hungarian Rag. One-step. Prince's Band.	<b>A5541</b> 12 in.—\$1.00
"Sari." (Kalman.) Prince's Band. "Sari." One-step. (Kalman.) Prince's Band.	<b>A</b> 5542 12 in.—\$1.00
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The Kissing Cup. (Platzman.) Prince's Band. You're Here and I'm Here. (Kern.) One-step. Prince's Band.	<b>A5556</b> 12 in.—\$1.00
Kitty Mackay. (Platzman.) Prince's Band. Medley of Old Songs. One-step. (Arranged by M. Smith.) Prince's Band.	<b>A5560</b> 12 in.—\$1.00
Love's Melody. (Daniderff.) Prince's Band. Pavlowa Gavotte. (The Glow-Worm.) (Lincke.) Prince's Orchestra.	<b>A5566</b> 12 in.—\$1.00
Kathlyn. (Smith.) Prince's Band. Pavlowa. (Air de Ballet.) (Bendix.) Prince's Orchestra.	<b>A5567</b> 12 in.—\$1.00
Joan Waltz. (Sawyer.) Joan Sawyer's Persian Gar- den Orchestra. Bregeiro. (Rio Brazilian Maxixe.) Joan Sawyer's Per- sian Garden Orchestra.	<b>A5572</b> 12 in.—\$1.00
Sun Guidth Of Chestfu.	

<b>HESITATION WALTZES</b> (continued)	Number Size & Price
"Sympathy" Waltz from the Firefly. (Friml.) Prince's Band. Moon Winks. (Stevens.) Three-step. Prince's Band.	<b>A</b> 5575 12 in.—\$1.00
Mona Lisa. (Platzman.) Prince's Band. Rose of the Mountain Trail. (Caddigan & Brennan.) One-step. Prince's Band.	<b>A5581</b> 12 in.—\$1.00
Dorothy Waltzes. (Rodenback.) Albert and Monroe Jockers. Violin and piano. Jungle Jambouree. (Smith.) One-step. Albert and Monroe Jockers. Violin and piano.	<b>A</b> 5583 12 in.—\$1.00
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Beautiful Roses. (Carroll and Friedland.) Prince's Band. One-Step Man. (Bennett.) One-step. Prince's Band.	<b>A5590</b> 12 in.—\$1.00
Valse Classique. (Adaption of Dvorak's "Humor- eske.") (Arr. by Dabney.) Prince's Band. Gay Spirits. (Beaux Esprits.) (Tompkins.) One-step.) Prince's Band.	<b>A</b> 5592 12 in.—\$1.00
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Les Millions d'Arlequin. (Drigo.) Joan Sawyer's Persian Garden Orchestra. Passing of Salome. (Joyce.) Joan Sawyer's Persian Garden Orchestra.	<b>A5628</b> 12 in.—\$1.00

HESITATION WALTZ-TROTS	Number
(Arranged Numerically)	Size & Price
On With the Dance. (Smith.) Prince's Band.	A5584
Cecile. (McKee.) Hesitation Waltz. Prince's Band.	12 in.—\$1.00
Society's Waltz Trot. (Platzman.) Prince's Band.	A5591
Memphis Blues. (Handy.) Fox trot. Prince's Band.	12 in.—\$1.00
High Society. (Smith.) Prince's Band.	A5598
Ta-Tao. (Penn.) Prince's Band.	12 in.—\$1.00
MAXIXES	
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Che! Che Corte! (Grossi.) Municipal Band of Buenos	A1499
Aires. El Camambu. (Villoldo.) Municipal Band of Buenos	10 in.—65c.
Columbia Modern Dance Instruction Record—The	
Maxixe.	A1540
Florence Maxixe. Prince's Band.	10 in.—75c.
Sans Souci. (Green.) Van Eps Banjo Orchestra.	A1594
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Joan Waltz. (Sawyer.) Joan Sawyer's Persian Garden	A5572
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Lulu Fado. (Milano.) Prince's Band.	A5593
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