

THE LATEST - FOX TROT - DANCE CRAZE

MENTEL'S FOX-TROT

Directions for Dancing the Fox Trot

Take a position the same as in a Waltz, the lady and gentleman facing opposite directions.

1. The lady steps back with the right foot and the gentleman steps forward with the left foot, count 1, 2. The lady then steps back with the left foot and the gentleman steps forward with the right foot, count 3, 4. The above takes one Bar of Music.

Repeat the above three times. Count 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16. (Three Bars of Music.)

Note—In the above you simply with right shoe steps, taking one step for each two counts.

2. The lady, starting with the right foot, runs backward across steps, count 1, 2, 3, 4, 5, 6, 7. In this figure the lady takes one step on each count instead of one step on every two counts as in Figure 1. On the eighth count the gentleman draws the right foot up to the left foot. The above takes two Bars of Music.

The gentleman starts with the left foot and runs forward across steps, count 1, 2, 3, 4, 5, 6, 7. In this figure the gentleman takes one step on each count instead of one step on every two counts as in Figure 1. On the eighth count the gentleman draws the right foot up to the left foot. The above takes two Bars of Music.

Repeat No. 2, which will take one more Bar of Music.

3. Same as No. 1.

4. The lady, starting with the right foot, runs backward four steps, taking one step on each count. Count 1, 2, 3, 4 (one Bar of Music). (The Turn.) The lady swings the right foot around to the right and backward, at the same time make a quarter turn to the right with the lady, count 5; swing the left foot around forward to the right; at the same time make another quarter turn to the right with the lady, count 6; swing the right foot around again to the right and backward; at the same time make a quarter turn to the right with the lady, count 7; swing the left foot around again forward to the right; at the same time make a quarter turn to the right with the lady, count 8. (The Turn takes two Bars of Music.)

The above directions are for the lady. The gentleman uses his left foot when the lady uses her right foot, and his right foot when she uses her left foot. The gentleman also steps forward when the lady steps back, and backward when the lady steps forward.

For more useful directions and for other steps to be used in the Fox Trot and for directions for other modern dances, address The Associated Music Publishers Co., Cincinnati, Ohio.



--By--
LOUIS H. MENTEL

... COMPOSER OF ...
MENTEL'S HESITATION WALTZ
MORE MUSTARD ONE-STEP
MENTEL'S MAXIXE ETC...

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3

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More Mustard, One-Step
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Introduction



Moderato



