

# = The Fox Trot =

BY  
Charles J. Frank



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THE FOX TROT

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Vol. II

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Arranged and Edited by  
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Creator, Exhibitor and Instructor of  
**MODERN BALL ROOM DANCING**

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THE BEACON ACADEMY  
**CHARLES J. FRANK'S**  
School of Modern Dancing

1127 CHESTNUT ST.

PHILADELPHIA, PA. U. S. A.

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C. J. F.

VOL. No. 2      JULY, 1922

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Philadelphia*

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This book is dedicated to those who enjoy Dancing and wish to dance the New Dances more properly and gracefully, and also to those who know nothing at all about the Modern Dances.





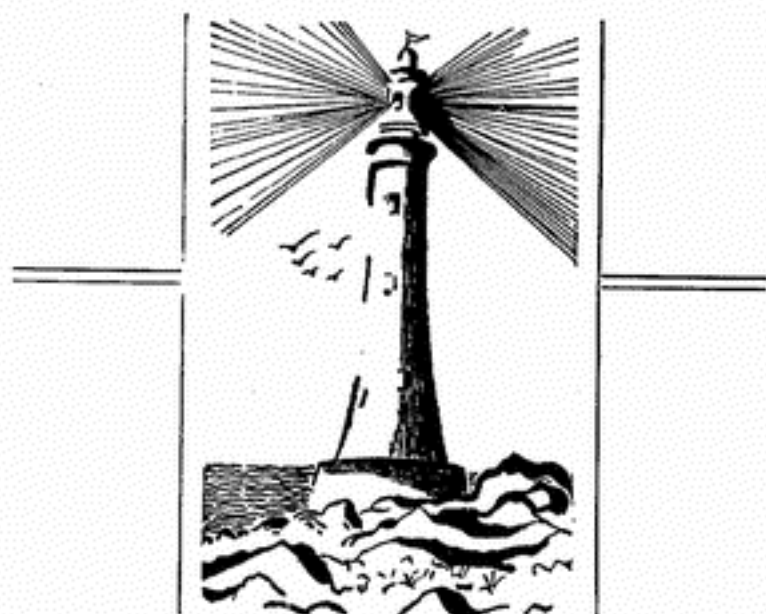
**Charles J. Frank**

Originator, Exhibitor and Instructor of Stage, Eccentric,  
Fancy and Modern Ball Room Dancing



*Studio of*  
**Charles J. Frank**

Now located at  
BEACON DANCING ACADEMY  
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# The Fox Trot

Volume Two



# The Fox Trot

## PRACTICE VERY SLOWLY

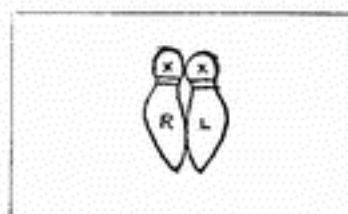
Time  $\frac{1}{4}$  Faster than Waltz

Slower Than Onestep

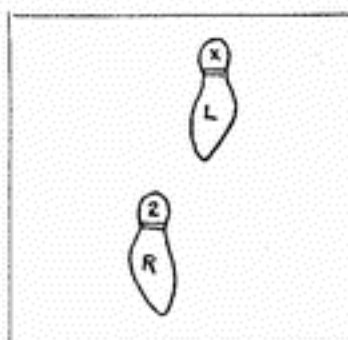
A. Exercises preparatory to Foxtrot.

*Exercise No. 1—The Change Step.*

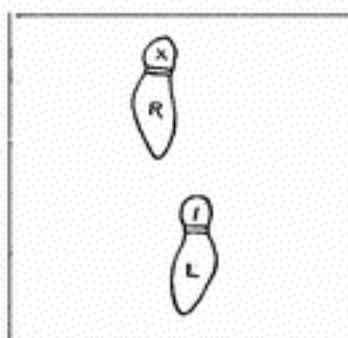
- a. Stand at one end of the room, feet together, toe to toe and heel to heel.



- b. Walk two steps forward, beginning with the left foot, counting 1-2, sliding your feet on the floor. The right foot should now be forward.



- c. Next do a waltz step, starting with the left foot, counting 1-2-3. On Count 1—left foot should be one step ahead of right.



- d. On Count 2 bring the right foot up to the left and on Count 3 move the left foot again forward.



- e. So far you have done two walking steps and a waltz step. This should leave the left foot forward.
- f. The next step you do is a point or position step, accomplished by simply placing the right foot ahead of the left and say "point" or "position" as you take the step. *You must count the complete change step exactly as follows and in no other way.*

1-2—Two walking steps beginning with the left foot.

1-2-3—One waltz step beginning with the left foot.

Point—One step forward with the right foot.

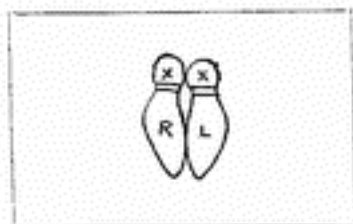
- g. After you have done the point step the right foot will be forward. Start a second change step from that position by doing two walking steps beginning with the left foot. After each point step start another complete change step until you have done five, ending with the point step. Practice this until you can count and do this step without error. Counted

1-2 1-2-3 Point    1-2 1-2-3 Point    1-2 1-2-3 Point  
 1-2 1-2-3 Point    1-2 1-2-3 Point

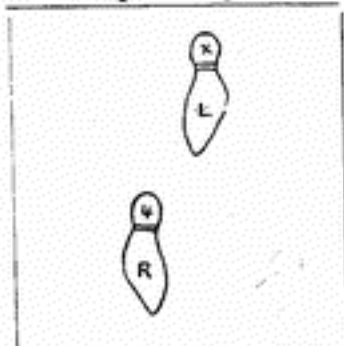
*Exercise No. 2—The Double Drag.*

1—First part of the double drag.

- a. Stand at one end of the room, feet together, toe to toe and heel to heel.

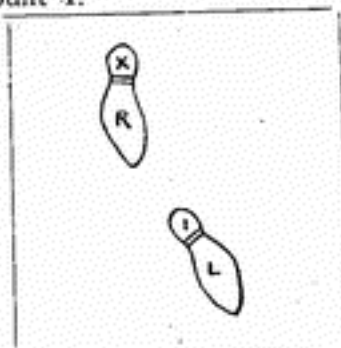


- b. Walk forward four steps sliding your feet on the floor, starting with the left foot. Counted 1-2-3-4.  
c. On the fourth step the right foot should be forward.

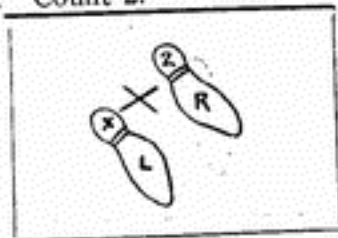


2—Second part of the double drag.

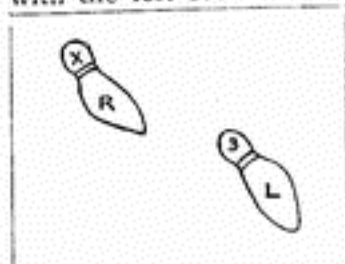
- a. Step forward and a little to the left with the left foot. Count 1.



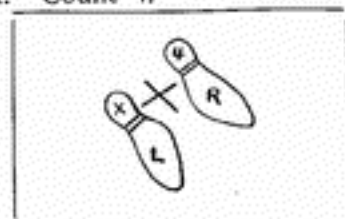
- b. Next drag the right foot across and in back of the left foot. Count 2.



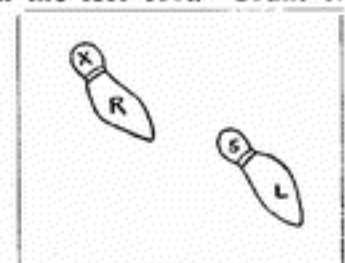
- c. Again take another step forward and a little to the left side with the left foot. Count 3.



- d. Again drag the right foot across and in back of the left foot. Count 4.

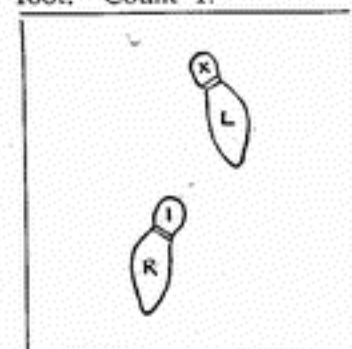


- e. Take another step forward and a little to the left side with the left foot. Count 5.

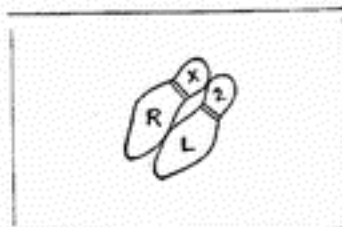


### 3—Third part of the double drag.

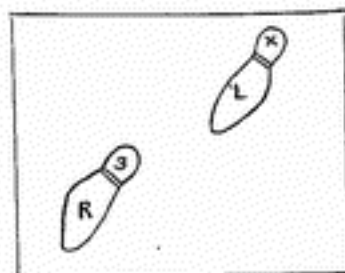
- Do a waltz step slant forward to the right beginning with the right foot. Explained below.
- On the fifth step of the second part of the double drag the left foot should be forward. The waltz step mentioned above is accomplished by moving the right foot slant forward to the right and ahead of the left foot. Count 1.



- c. Count 2, move the left foot up to the right.



- d. Count 3, move the right foot again, slant forward to the right. This is the complete double drag.



- e. After you have done one complete double drag the right foot should be forward. Repeat by starting again with the four walking steps.

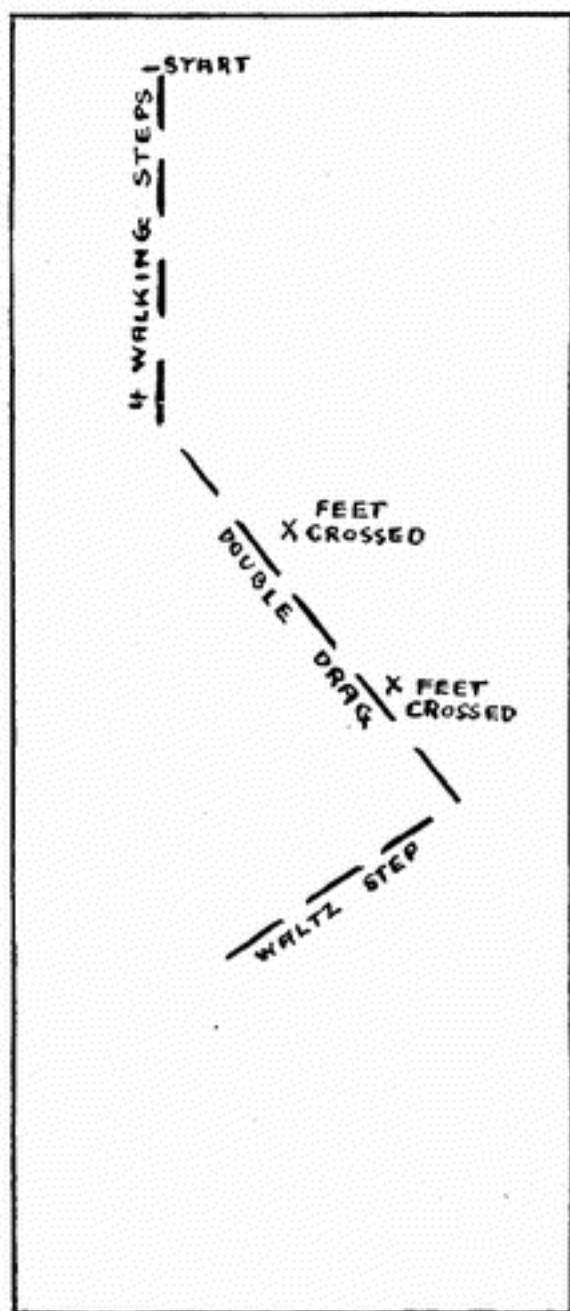
- f. A complete double drag is counted exactly as follows and no other way.

1-2-3-4—Four walking steps straight forward and beginning with the left foot.

1-2-3-4-5—Two drags slant forward to left, beginning with the left foot.

1-2-3—Waltz step slant forward to right, beginning with the right foot.

g. Diagram of a complete double drag as follows:



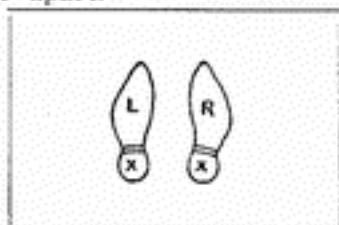
Remarks:—After you can do the above, learn to do two double drags and after the second complete double drag walk forward four steps beginning with the left foot and ending the four walking steps with the right. In other words, do only  $2\frac{1}{2}$  double drags. The count of which is as follows:

1-2-3-4 1-2-3-4-5 1-2-3; 1-2-3-4 1-2-3-4-5 1-2-3; 1-2-3-4.

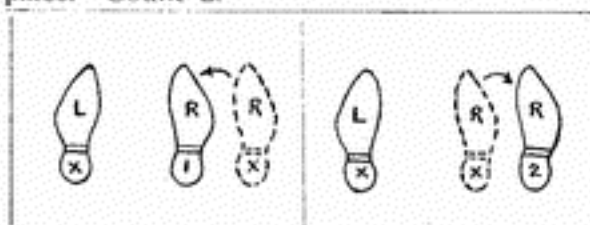


*Exercise No. 3—The Toddle.*

- a. Stand facing the side wall at one end of the room, feet wide apart.



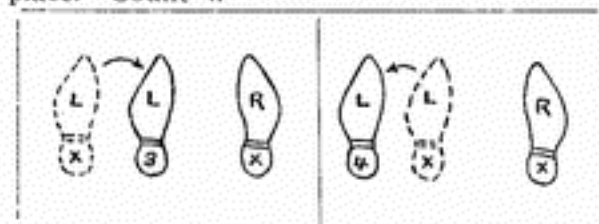
- b. Lift the right foot off the floor, bring it half way in toward the left foot (do not touch the left foot), tap the toe of the right foot on the floor. Count 1. Lift it and place the right foot back in its original position, tapping it on the floor as it takes its former place. Count 2.



First Pos.

Second Pos.

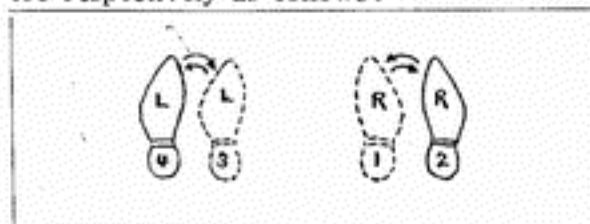
- c. Lift the left foot off the floor, bring it half way toward the right foot (do not touch the right foot), tap the toe of the left foot on the floor. Count 3. Lift it and place the left foot back in its original position, tapping it on the floor as it takes its former place. Count 4.



Third Pos.

Fourth Pos.

- d. In other words, on Count 1 and 3 the taps on the floor are inward with the right and left toe respectively, and on the 2 and 4 outward with the right and left toe respectively as follows:

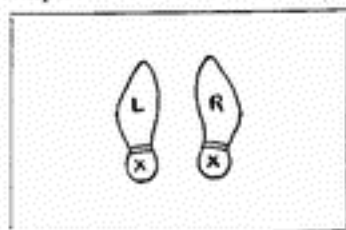


1-2-3-4 Pos. Toddle

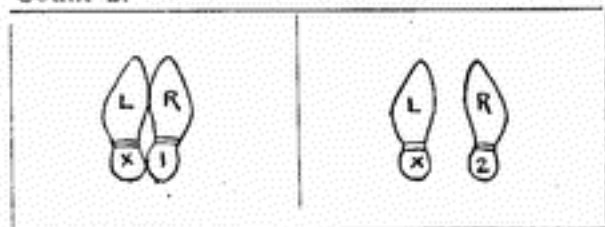
- e. After Count 4, repeat, starting with the right foot again. Counted 1-2-3-4. Repeat over and over again.
- f. After you have mastered this, perform the same exercise, counting 1-2-3-4, but while doing so, *gradually turn around in a circle to the right on the same spot until you have made two complete revolutions.* The toddle starts with the right foot on Count 1 and ends with the left foot on Count 4.

*Exercise No. 4—The Shuffle.*

- a. Stand facing the side wall at one end of the room, feet wide apart.



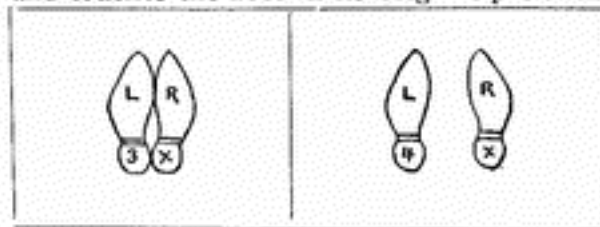
- b. Swing the right foot off the floor, bringing it all the way over to touch the left foot, without touching the floor. Count 1. Swing back again to its original position and place it on the floor. Count 2. The right foot does not touch the floor on Count 1. It simply touches the left foot and swings back again and touches the floor in its original position on Count 2.



First Pos.

Second Pos.

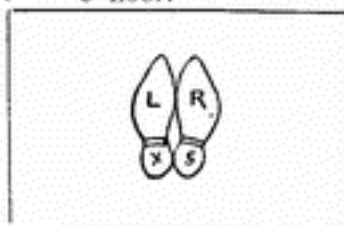
- c. Swing the left foot off the floor, bringing it all the way over to touch the right foot without touching the floor. Count 3. Swing it back again to its original position and place it on the floor. Count 4. The left foot does not touch the floor on Count 3. It simply touches the right foot, swings back again and touches the floor in its original position. Count 4.



Third Pos.

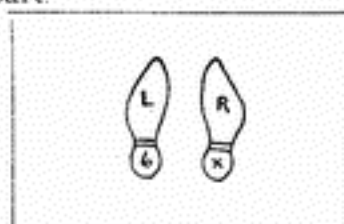
Fourth Pos.

- d. In other words, feet should be apart when starting. You begin with the right foot, swinging first in with the right foot on Count 1, out with the right foot on Count 2, in with the left on Count 3, and out with the left on Count 4.
- e. But that is not all of the shuffle. The feet are apart on Count 4 and inasmuch as you moved the left foot last you must move the right foot next, so move the right foot over to the left. Count 5—both feet together on the floor.



Fifth Pos.

- f. Place your weight on the right foot and move the left foot one step straight to the left side. Count 6—feet apart.

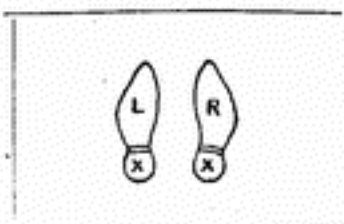


Sixth Pos.

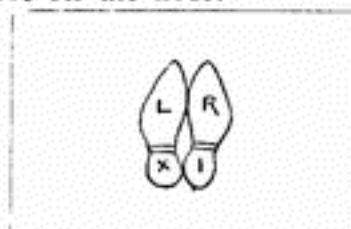
- g. On Count 6 the feet are apart and you are ready to do another shuffle. Practice this until you can do accurately six shuffles in a row *going sideways down the room*. Counted:

1-2-3-4-5-6   1-2-3-4-5-6   1-2-3-4-5-6   1-2-3-4-5-6  
1-2-3-4-5-6   1-2-3-4-5-6

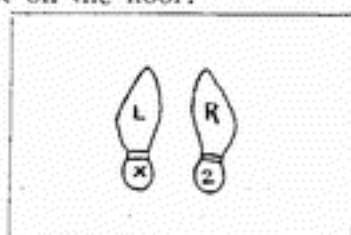
*Start of the shuffle. Feet apart facing the side wall.*



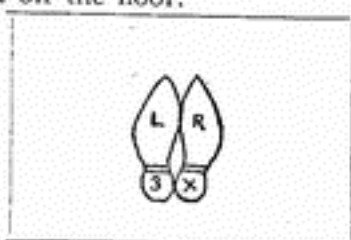
Count 1—Right foot touching the left foot.  
Right foot off the floor.



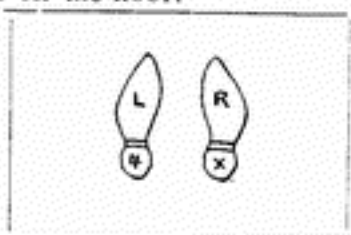
Count 2—Right foot back in original position.  
Both feet on the floor.



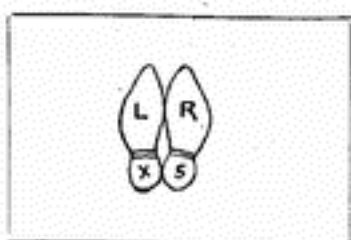
Count 3—Left foot touching the right foot.  
Left foot off the floor.



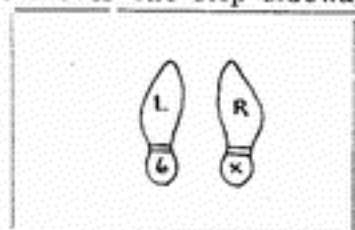
Count 4—Left foot back in original position.  
Both feet on the floor.



Count 5—Right foot moves over to the left, touching it and  
remains there on the floor. The feet are now to-  
gether.

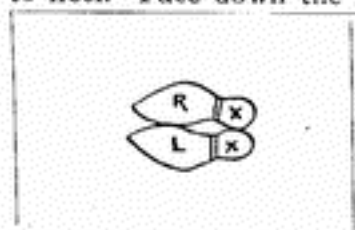


Count 6—Left foot moves one step sideways to the left.

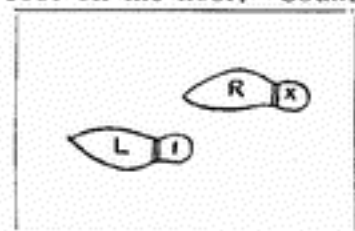


*Exercise No. 5—The Cat Step.*

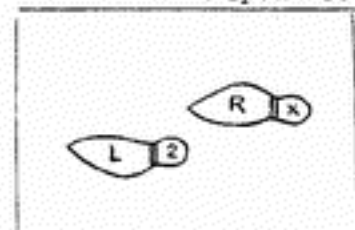
- a. Stand with feet together facing forward, toe to toe and heel to heel. Face down the room.



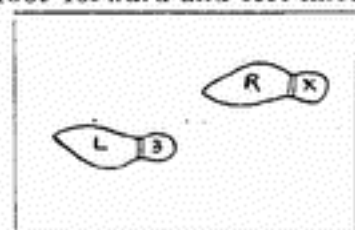
- b. Take one step forward with the left foot, tapping the left foot on the floor. Count 1.



- c. Lift the left toe an inch or two from the floor and tap it again on the same spot. Count 2.

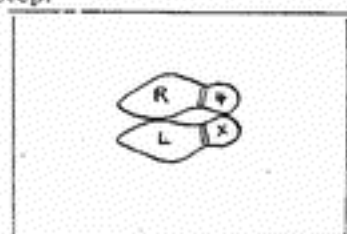


- d. The left foot is still forward, from this position take a half step forward with the left foot, bending the left knee, but keeping the right knee fairly straight. Count 3. You are now in a charging position with the left foot forward and left knee bent.





- e. Next bring the right foot up to the left and as you do, come up straight. Count 4. You are again in a starting position. Count 1-2-3-4 to perform the entire cat step.



- f. Do the cat step 4 times, starting with the feet together going down the room facing forward. Counted  
1-2-3-4 1-2-3-4 1-2-3-4 1-2-3-4

*Start of cat step. Feet together facing down room.*

Count 1 and 2—Two taps with the left foot forward.

Count 3—A half step forward at the same time bending the left knee.

Count 4—Right foot slides up to the left, both feet together.

### The Beginning of the Foxtrot Dance—Assembled

#### PRACTICE VERY SLOWLY

Time  $\frac{1}{4}$  Faster Than Waltz  
Slower Than Onestep

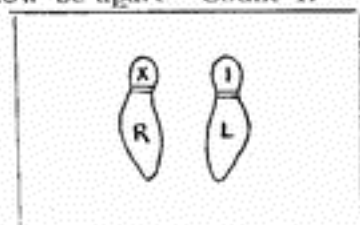
#### LESSON No. 1—THE CHANGE STEP.

- Stand at one end of the room, feet together, toe to toe and heel to heel.
- Walk forward two steps, beginning with the left foot.
- Then do a waltz step, beginning with the left foot.
- Do the point step with the right foot forward.
- Repeat until you have done 5 complete change steps, ending with the point step.
- The right foot should now be forward.

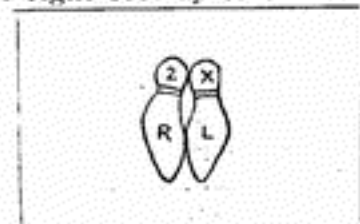
LESSON No. 2—TWO SIDE WALTZ STEPS.

1. First side waltz step.

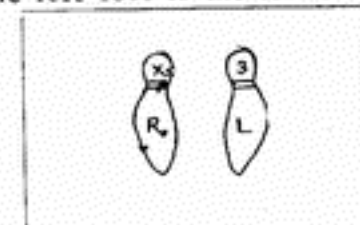
- a. To go from the change step to the double drag, the dancer must take two side waltz steps.
- b. Take one step with the left foot to the left side and a little forward, following the point step. Feet should now be apart. Count 1.



- c. Move the right foot up to the left foot. Count 2.

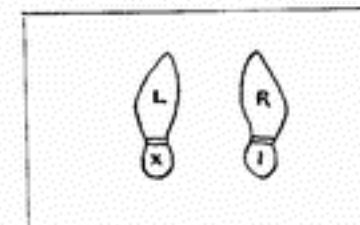


- d. Move the left foot to the left side. Count 3.

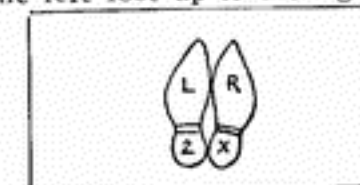


2. Second side waltz step.

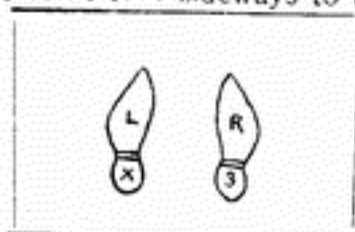
- a. Stand on the ball of the left foot, turn half way around toward the right—feet apart. Count 1. You should now be facing the opposite way or up the room.



- b. Move the left foot up to the right foot. Count 2.



- c. Move the right foot sideways to the right. Count 3.



- d. You are now in position to start up the room, but not until you have done 2 waltz steps. Counted 1-2-3, 1-2-3.

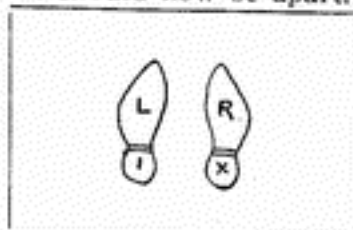
### LESSON No. 3—THE DOUBLE DRAG

- Walk forward 4 steps, starting with the left foot. Counted 1-2-3-4.
- Do a double drag slant forward to the left and starting with the left foot. Counted 1-2-3-4-5.
- Next do a waltz step slant forward to the right, starting with the right foot. Counted 1-2-3.
- Repeat another complete double drag.
- Repeat another  $\frac{1}{3}$  double drag by walking forward only 4 steps, starting with the left foot. This should leave the right foot forward.

### LESSON No. 4—THREE SIDE WALTZ STEPS

1. First side waltz step.

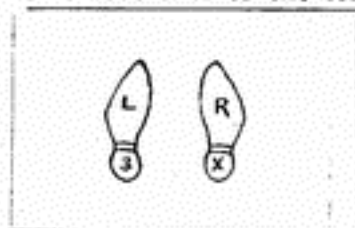
- From the last position mentioned above take one step with the left foot to the left side and a little forward. Feet should now be apart. Count 1.



- Move the right foot up to the left foot. Count 2.

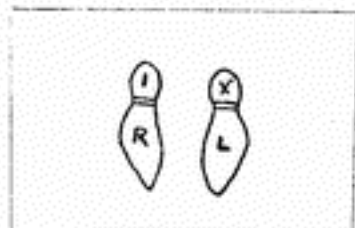


- c. Move the left foot over to the left side. Count 3.



2. Second side waltz step.

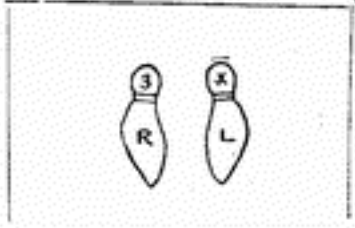
- a. Stand on ball of the left foot, swing right foot half way around toward the right—feet apart. Count 1. You should now be facing the same direction as when you started your dance.



- b. Move the left foot over to the right foot—feet together. Count 2.

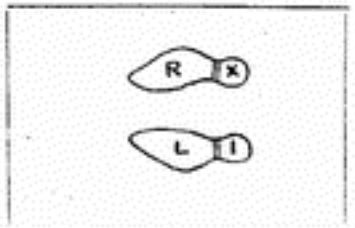


- c. Move the right foot over to the right side. Count 3.

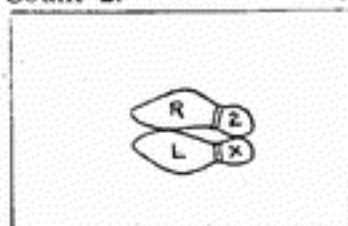


3. Third side waltz step.

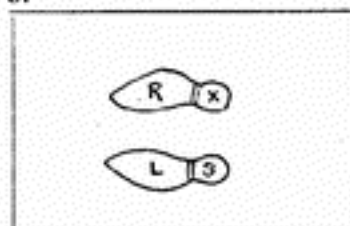
- a. Stand on ball of the right foot, do a quarter turn toward the right—feet apart. You should now be facing the side wall.



- b. Move the right foot up to the left foot—feet together. Count 2.



- c. Move the left foot over to the left side—feet apart. Count 3.



### LESSON No. 5—THE TODDLE.

- a. After the three waltz steps, your feet are apart and you are ready to start the toddle, beginning with the right foot, turning twice around on the same spot. Start facing the side wall and end facing the side wall on Count 4 with the left foot. Always count 1-2-3-4 throughout the entire step.

### LESSON No. 6—THE SHUFFLE.

- a. Still facing the side wall and dancing sideways, start the shuffle, beginning with the right foot. Counted 1-2-3-4-5-6. This is done directly after completing the toddle on Count 4.  
 b. Do the shuffle six times down the room.  
 c. On the sixth shuffle and sixth count the feet should be apart and you should be facing the side wall. From this position take one extra step by moving the right foot up to the left, bringing feet together. Count 7.

### LESSON No. 7—THE CAT STEP.

- a. In the cat step your partner dances at your right side and not in front of you as in the other steps.  
 b. When the feet are together on the sixth shuffle, count 7; you are ready to start the cat step.  
 c. Take one step forward with the left foot and tap the left toe on the floor twice. Counted 1-2.  
 d. Take a half step forward with the left foot and bend left knee. Count 3.  
 e. Draw the right foot up to the left. Count 4.



- f. Do the cat step four times.
- g. At the end of the fourth cat step the feet are together and you are standing straight. Break out of this by doing two side waltzes just as you did after the change step.
- h. This ends the foxtrot and you are at the opposite end of the room from where you started your dance.
- i. Start your dance again from where you are, this time doing the change step up the room and following the order of your steps according to the routine given. After you understand and can count them correctly you may mix the steps at will.

*Remarks:*

The student is advised to adhere strictly to the routine herein given, though after he has learned to lead and can do and count the various steps correctly, he may dance them in whatever order he chooses.

The entire foxtrot is as follows:

- 1—Five change steps.
- 2—Two waltz steps.
- 3—Two and one-third double drags.
- 4—Three waltz steps.
- 5—Toddle.
- 6—Six shuffles.
- 7—Four cat steps.
- 8—Two waltz steps.
- 9—Repeat five change steps.



*Finis*

# Diagram of Entire Operation of Fox Trot

