

Slow Foxtrot Syllabus

Bronze and Below - 1 - 8

Silver - 1 - 18

Gold - 1 - 24

- 1 Feather Step
- 2 Three Step
- 3 Natural Turn
- 4 Reverse Turn with Feather Finish
- 5 Closed Impetus
- 6 Natural Weave
- 7 Basic Weave
- 8 Change of Direction

- 9 Closed Telemark
- 10 Open Telemark and Feather Ending
- 11 Reverse Wave
- 12 Open Impetus
- 13 Hover Feather
- 14 Hover Telemark
- 15 Natural Telemark
- 16 Weave from PP
- 17 Hover Cross
- 18 Natural Weave from PP

- 19 Natural Twist Turn
- 20 Curved Feather to Back Feather
- 21 Fallaway Reverse and Slip Pivot
- 22 Natural Zig Zag from PP
- 23 Natural Hover Telemark
- 24 Bounce Fallaway with Weave Ending