

JOHN AND PENNY'S ZOOM FOXTROT ROUTINE NOTES Part 1 – by Mike and Paula Murphy

(See YouTube video at: <https://youtu.be/1ylu-tEp2Dw>) Part 1

Step 1	Position	Count	Description
Basic Forward Step	Closed Hold	SS QQ	2 Forward Walks- Heel leads 2 steps to side-Toe leads

Step 2	Position	Count	Description
¼ Turn to Right	Closed Hold	S S QQ	LF forward Start to turn on 2 nd step; keep head Left Close w/ 2 side steps

Step 3	Position	Count	Description
2 Chasse` to Left	Closed Hold	QQ QQ	Left foot side; right close Repeat. End weight on RF, LF free

Step 4	Position	Count	Description
Left Rock Turn	Closed Hold	S S Q Q	LF forward, RF brushes to LF RF back starting to toe-in for turn LF ¼ turn to side RF closes

Step 5	Position	Count	Description
Promenade to Closed Position	Closed Hold To Promenade	& S S Q Q	Turn to Promenade on "&"; feet angle changes LF Forward step in Promenade RF forward; start to turn RF when it lands ¼ turn right when foot is placed to side RF closes to LF

Step 6	Position	Count	Description
Turning Box to Left Opening to 2 Hand Hold Changed to left turn. box	Closed Hold To Open Hold	S QQ S QQ	LF Forward step Side step w/ change to Open Hold RF Back beginning toe in for turn

Step 7	Position	Count	Description
Shadow Walks Combo	Open Hand Hold Handshake Hold	S QQ	-Forward ½ Box; - On QQ place Lady's hand in Man's Right Hand
**Change hands to Handshake Hold	Shadow Hold	S QQ S	-Side step to right on S -Forward Check on QQ (LR) -Place L foot to Left (Point) w/ no weight on S (<i>Fake</i>) -Leaves both Man & Lady w/ L foot free
**Turn Lady to Shadow Position	Shadow hold	S S S	-L, R, L Walks
** 3 Forward Strolls	To Open Hold	S QQ S	-Step Right foot Forward & Check sending Lady ahead & around - Change hand as Lady comes around; Man's LH takes Lady's R Hand -Hold on last S for balance of partnership
**Lead Lady out of Shadow on 4 th Step	To Closed Hold	SS QQ SS QQ	-1 st may be in one handhold before returning to full Closed Position -Ends up making 180 degree turn to center of room
**2 Rock Turns to Left			

Step 8	Position	Count	Description
Charleston Steps	Closed Hold	S QQ	-Forward ½ box to Open Hold
	Open Hold	S	-Side step to right to start Charleston swing steps
		QQ S QQS QQS	-3 Charleston Steps (Swing hips forward 1 st & 3 rd steps; back on 2 nd steps)
		QQSQQ	-End w/ back walks at slight angle Man's R & side step to Left - Leaves L foot free for next step

JOHN AND PENNY'S ZOOM FOXTROT ROUTINE NOTES Part 2

See YouTube video at: <https://youtu.be/1ylu-tEp2Dw>) Part 2 Turning Twinkle Section

Step 9	Position	Count	Description
¼ Turn Right	Closed Hold	S S QQ	LF forward Start to turn on 2 nd step; (side); keep head Left Close w/ 2 side steps

Step 10	Position	Count	Description
Turning Twinkle	Closed Hold	S QQ	Twinkle to Promenade
** Twinkle to Outside Partner	Closed Hold	1 H 3	¼ Left Turn ---R forward CBM, L Brushes/ Hold, R closes: Lady close on "rise" when Man holds
** Back Twinkle to Promenade	To Promenade Position	S QQ	-Left Foot is free
** Twinkle Close	To Closed Hold	S QQ	

Step 11	Position	Count	Description
Turning Twinkle w/ Head Loop	Close Hold	S QQ	Twinkle to Promenade
** Twinkle to Outside Partner	To Open Hold	S QQ	¼ Left Turn Ending in Open Hold -R forward CBM, L Brush/Hold, R closes -move to Open 2 hand Hold on 2 nd step -Left Foot is free
** Head Loop	Cuddle Hold	1 H 3	Back on LF leading Lady to Cuddle Position - L Back, R brushes & Hold, Left close (leaves RF free) -Use Right hand to lead Lady's Right turn -Change Hold of right hand to end of Lady's fingers for head Loop -Man's hand loops slightly above Lady's Head in Clockwise movement _End w/ right hand draped/lying on Lady's right shoulder
**Recover to Closed Position	To Closed Position	S QQ	-Right foot is free for forward step to Close with Lady -Right foot forward, Left brushes & Holds, right foot closes -Left foot is free

JOHN AND PENNY'S ZOOM FOXTROT ROUTINE NOTES -- Part 2 -- Finish

See youTube video at: <https://www.youtube.com/watch?v=qHGVD0LU6lo&feature=youtu.be>

See: <https://mail.google.com/mail/ca/u/0/#inbox/FMfcgwxJXfpqPDtppvDhNDQMxslwTMXx> for links to all 3 videos

Step 12	Position	Count	Description
Turning Box	Closed	S QQ S QQ	¼ turn left ¼ turn left

Step 13	Position	Count	Description
Step Points ** Set up Hand Change ** 4 Step Points ** Pick up Lady with hand change	Start Closed To Handshake Hold R-OSP To Closed Hold	S QQ QQ QQ QQ QQ S QQ	Forward ½ of Box; Change Lady's right hand to Man's left hand; Place Lady in Outside partner position to Man's right side Step outside Lady w/ R foot (to Lady's R side) Step outside Lady w/ L foot (to Lady's L side) Step outside Lady w/ R foot (to Lady's R side) Step outside Lady w/ L foot (to Lady's L side); end RF free R foot across to Lady's R side on S; W/ slight rise Close with Lady on QQ

Step	Position	Count	Description
2 Left Rock Turns	Closed Hold	S QQ S QQ	(See Step 4 for description)
END OF ROUTINE			REPEAT AS DESIRED FROM BEGINNING

See: <https://mail.google.com/mail/ca/u/0/#inbox/FMfcgwxJXfpqPDtppvDhNDQMxslwTMXx> for links to all 3 videos

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