

TWINKLE VARIATIONS

Leader: The first three steps of the twinkle may also be danced:

Commence in CP, F DW										
STEP	FOOT POS	DANCE POS	ALIGNMENT	TURN	R & F	FW	COUNT	SWAY	CBM	SUMMARY
1	LF forward	CP	F DW	Nil	Com to rise e/o 1	HT	1	S	Slight	1 st Measure: Twinkle to Promenade
2	RF diagonally forward	Prep for PP	F DW	Nil	Cont to rise on 2 and 3	T	2	L	Nil	
3	LF closes to RF	PP	F DW	Nil	Lower e/o 3	TH	3	L	Nil	

Follower: The first three steps of the twinkle may also be danced:

Commence in CP, B DW										
STEP	FOOT POS	DANCE POS	ALIGNMENT	TURN	R & F	FW	COUNT	SWAY	CBM	SUMMARY
1	RF back	CP	B DW	Nil	Com to rise e/o 1, NFR	TH	1	S	Slight	1 st Measure: Twinkle to Promenade
2	LF to side and slightly back	Prep for PP	B W	1/8 turn R btw 1 and 2	Cont to rise on 2 and 3	T	2	R	Nil	
3	RF closes to LF	PP	F DC	1/8 turn R btw 2 and 3	Lower e/o 3	TH	3	R	Nil	

Leader: The last three steps of the twinkle may also be danced:

Commence in PP, F DW										
STEP	FOOT POS	DANCE POS	ALIGNMENT	TURN	R & F	FW	COUNT	SWAY	CBM	SUMMARY
4	RF forward and across in CBMP	PP	F DW, Moving LOD	Nil	Com to rise e/o 4	HT	1	S	Nil	2 nd Measure: Twinkle ending
5	LF to side	CP	F DW	Nil	Cont to rise on 5 and 6	T	2	R	Nil	
6	RF closes to LF	CP	F DW	Nil	Lower e/o 3	TH	3	R	Nil	

Follower: The last three steps of the twinkle may also be danced:

Commence in PP, F DC										
STEP	FOOT POS	DANCE POS	ALIGNMENT	TURN	R & F	FW	COUNT	SWAY	CBM	SUMMARY
4	LF forward and across in CBMP	PP	F DC, Moving LOD	Com to turn L on 4	Com to rise e/o 4	HT	1	S	4	2 nd Measure: Twinkle ending
5	RF to side	CP	B W	1/8 turn L btw 4 and 5	Cont to rise on 5 and 6	T	2	L	Nil	
6	LF closes to RF	CP	B DW	1/8 turn L btw 5 and 6	Lower e/o 3	TH	3	L	Nil	

Foxtrot Technical Tips (continued)

- **Musicality:** It is best to start dancing at the beginning of a 4-measure (16 count) phrase. However, because SSQQ figures take 6 counts of music (1.5m), you will not be able to stay on phrase without pre-planned choreography. So while it is important to start on phrase, once dancing you do not need to be concerned about staying on phrase. Instead, focus on dancing rhythmically on time to the music.

General Technical Tips

- **Posture:** Both partners are upright with spines lengthened up through the crown of the head with shoulders blades down and keeping the ribcage flat. Leaders should have a forward poise with their blocks of weight aligned. Followers should have a fully stretched spine, angled slightly leftwards, without tipping the shoulders.
- **Frame:** Leader's frame should be wide from elbow to elbow, maintaining width across both the back and the chest. Follower's arms should be light and responsive in the Leader's frame. For more details on the Closed Position frame, see: *Dance Position Definitions*.
- **Promenade:** Create Promenade Position by rotating the body – not pushing with the arms, which results in breaking your frame.

Many Smooth figures can be danced in multiple dances, often by just changing the count. Sometimes the entrance or exit of the figure will need to be modified. This is a fun and easy way to greatly expand your repertoire. Use this list to add figures to your Foxtrot.

From this Dance	Figure	
Waltz	1B Box with Underarm Turn	
	2 Progressive	
	3B Right Turning Box	
	6 Two-Way Underarm Turn	
	7 Face To Face – Back To Back	
	8 Reverse Turn	
	9 Natural Turn	
	10 Progressive Twinkles	
	11 Turning Twinkles	
	12 Grapevine	
	13 Promenade Chassé	
	14 Fallaway and Box	
	15 Twinkle and Weave	
	Viennese Waltz	4 Left Turn
		5A Crossbody Lead
5B Crossbody Lead with Underarm Turn		

VARIATIONS ON THE TWINKLE

Leader: The first three steps of the twinkle may also be danced:

Commence in CP, F DW										
STEP	FOOT POS	DANCE POS	ALIGNMENT	TURN	R & F	FW	COUNT	SWAY	CBM	SUMMARY
1	LF forward	CP	F DW	Nil	Rise e/o 1	HT	S	S	Slight	SQQ: Twinkle to Promenade
2	RF diagonally forward	Prep for PP	F DW	Nil	Up on 2	T	Q	L	Nil	
3	LF closes to RF	PP	F DW	Nil	Up on 3, lower e/o 3	TH	Q	L	Nil	

Follower: The first three steps of the twinkle may also be danced:

Commence in CP, B DW										
STEP	FOOT POS	DANCE POS	ALIGNMENT	TURN	R & F	FW	COUNT	SWAY	CBM	SUMMARY
1	RF back	CP	B DW	Nil	Rise e/o 1, NFR	TH	S	S	Slight	SQQ: Twinkle to Promenade
2	LF to side and slightly back	Prep for PP	B W	1/8 turn R btw 1 and 2	Up on 2	T	Q	R	Nil	
3	RF closes to LF	PP	F DC	1/8 turn R btw 2 and 3	Up on 3, lower e/o 3	TH	Q	R	Nil	

Leader: The last three steps of the twinkle may also be danced:

Commence in PP, F DW											
STEP	FOOT POS	DANCE POS		ALIGNMENT	TURN	R & F	FW	COUNT	SWAY	CBM	SUMMARY
4	RF forward and across in CBMP	PP	F DW, Moving LOD	Com to turn R on 4	Rise e/o 4	HT	S	S	4	SQQ: Twinkle ending	
5	LF to side	CP	F W	1/8 turn R btw 4 and 5	Up on 5	T	Q	R	Nil		
6	RF closes to LF	CP	F W	Nil	Up on 6, lower e/o 6	TH	Q	R	Nil		

Follower: The last three steps of the twinkle may also be danced:

Commence in PP, F DC											
STEP	FOOT POS	DANCE POS		ALIGNMENT	TURN	R & F	FW	COUNT	SWAY	CBM	SUMMARY
4	LF forward and across in CBMP	PP	F DC, Moving LOD	Com to turn L on 4	Rise e/o 4	HT	S	S	4	SQQ: Twinkle ending	
5	RF to side	CP	B W	1/8 turn L btw 4 and 5	Up on 5	T	Q	L	Nil		
6	LF closes to RF	CP	B W	Nil	Up on 6, lower e/o 6	TH	Q	L	Nil		