

Lulu Fox Trot

English Sequence Dance

by Robert T. Almond, 1917

Reconstruction by
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This is the earliest known English Fox Trot sequence dance. It combines elements of the 1914 Fox-Trot and the 1914 Lulu Fado, which was a Portuguese one-step / polka that was briefly popular in the Ragtime Era.



Begin in Closed Position, backing the Follow LOD.

bars

1st Movement

- 2 Back the Follow S-S-QQ-S (1, 2, 3 and 4) beginning Lead's L foot, Follow's R. The description doesn't specify whether the second bar is a two-step (step-close-step) or three running steps, but a two-step is more natural, and is typical in English sequence dances at the time. (Note: In the Lulu Fado, this was danced faster: two walks of a one-step, then a polka skip.)
- 2 Repeat the same beginning on the opposite foot.

2nd Movement

- 2 Pivot 90° CCW on first foot, Follow backing (1), then chassé three times along LOD in CPP position, toward the rear elbows, with second heel leading (2-and, 3-and, 4-and), as shown in the photo above.
- 2 Pivot 180° CW on second foot, Follow backing (5), and chassé three times along LOD, toward the held hands, with first heel leading (6-and, 7-and, 8-and).

3rd Movement

- 2 Roll away from partner with three pivot steps (1, 2, 3) along LOD (Lead pivoting to the left, Follow to the right). Then, with rear foot pointed against LOD, raise arms and snap fingers (4).
- 2 Repeat opposite, rolling away from partner against LOD (1, 2, 3), taking open 2 hands on 4. (The original description said clap hands here instead of taking open hands. Similarly, the Lulu Fado clapped one's hands on count 3 then snapped fingers on count 4.)

4th Movement

- 2 Holding open 2 hands, side, cross in front. Then two-step halfway around (3-and-4). *
- 2 Repeat opposite, turning 1/4 on the two-step to resume starting position (5, 6, 7-and-8).

“ LULU FOX-TROT.”

DESCRIPTION.

Commence in waltz position, the gentleman facing line of dance.

Count 2 in a bar. MM. $\text{♩}=80$.

L.=Left foot. R.=Right foot,

1st. MOVEMENT.

			BARS
Walk (as in “One-Step”), L.R.,	/ / /	count 1, 2	1st
” ” ” L.R.L.,	/ / /	count 1 and 2	2nd
Repeat with other foot,	/ / / / /		3rd and 4th
(Ladies' steps are rearward, and with opposite foot.)			

2nd. MOVEMENT.

Step on L., flat,	/ / / / /	count 1	}	5th
Pivot forward on L., so as to get in Tango position, and step on R. heel in 4th position,	/ / /	count 2		
Bring L. to R.,	/ / / / /	and		
Again step forward on R. heel, and bring L. to R.,	/ / / / /	count 1	}	6th
		and		
Repeat again,	/ / / / /	2		
		and		
Step on R. and pivot forward to right so as to change sides, and repeat 5th and 6th bars with other foot,	/ / / / /		}	7th and 8th
(Ladies' steps are with opposite foot, and the pivots are rearward.)				

3rd. MOVEMENT.

Solo turn outwards, taking 3 steps L.R.L., finishing facing each other, with rear foot (R.) pointed,	/ / / / /	count 1, 2, 3	}	9th and 10th
In this position, raise arms and snap the fingers,	/ / / / /	count 4		
Repeat 9th and 10th bars in other direction, clapping hands on 3rd count and clapping hands with partners on 4th count,	/ / / / /		}	11th and 12th
(Ladies' steps are with opposite foot.)				

4th MOVEMENT.

Facing each other, join opposite hands, step L. to side,	/ / / / /	count 1	}	13th
Cross over with R.,	/ / / / /	count 2		
Two-step, half turn,	/ / / / /	count 1 and 2	}	14th
Repeat 13th and 14th bars,	/ / / / /			
15th and 16th				
(Ladies' steps are with opposite foot.)				

Reconstruction notes: "Tango position" in the 2nd Movement means counter-promenade position, as shown in the photograph on the cover.

The only awkward part of this dance is the clapping of hands immediately before taking open two-hands. We prefer to simply take hands on the 4th count, but you may clap hands as described.

Thanks to Nick Enge for discovering this dance.