

From the collection of Richard Powers

THE TUT-ANKH-AMEN FOX TROT

By

• ARTHUR MURRAY

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## TUT'S STRUT

### Man's Part

1. Take a long slow step forward on the left foot and hold the weight on this foot for two full counts; at the same time extend the right foot in front lifting it about two inches from the floor.
2. Step forward quickly on right foot.
3. Take a long quick step forward on left foot.
4. Quickly draw right foot up to the left, heels together and pause a half second with weight on right foot.

REPEAT THE ENTIRE MOVEMENT.

### Lady's Part

1. Begin with the right foot and take a long slow step directly backward holding weight on the right foot two full counts; at the same time lift the left foot up at the back about two inches off the floor.
2. Step backward quickly on left foot.
3. Step backward quickly on right foot.
4. Quickly draw the the left foot up to the right, heels together, and pause a half second with weight on the left foot.

REPEAT THE ENTIRE MOVEMENT.

PRINCE OF WALES FOX TROT

Man's Part.

Begin with the left foot, going forward, and take three slow walking steps, L.F. 1, R.F. 2, L. F. 3.

On the fourth count simply extend the right foot in front lifting that foot two inches off the floor pointing the toes downwardly.

On the fifth count take a long step backward on the right foot.

On count six extend the left foot as far backward as it will go lifting that foot slightly off the floor.

Take two slow walking steps forward, L.F. 7, R.F. 8.

REPEAT THE ENTIRE MOVEMENT.

Lady's Part

The lady's part is opposite to that of the man's. She begins with her right foot and takes three long slow walking steps backward, R.F. 1, L.F. 2, R.F. 3.

4. Extend the left foot as far back as it will go, lifting it two inches off the floor, the toes pointing downwardly.

5. Take a long step forward on the left foot.

6. Extend the right foot as far forward as possible, lifting it slightly off the floor.

7 & 8. Take two long steps backward R.F. 7, L.F. 8.

REPEAT THE ENTIRE MOVEMENT.

## THE MUMMY WALK

This movement is one of the most delightful in the Fox Trot and is extremely popular among the better dancers.

### Man's Part.

1. Begin with the left foot and take a long slow walking step directly forward.
2. Take a long quick step forward on the right foot.
3. Quickly draw the left foot up to the right, heels together. (So far you have taken three steps. The first one is a slow step while the second and third are done quickly.)
4. Take a long step forward on the right foot and hold the weight on this foot for two counts while you extend the left foot in front lifting it about two inches off the floor.

REPEAT THE ENTIRE MOVEMENT.

### Lady's Part

1. Begin with the right foot and take a long slow step directly backward.
2. Quickly step backward on the left foot.
3. Draw the right foot up to the left quickly, weight on right and heels together.
4. Take a long slow step backwards on the left foot and hold the weight there for two counts while you extend the right foot backwards lifting it about two inches off the floor.

REPEAT THE ENTIRE MOVEMENT.

## KING TUT'S TURN

### Man's Part

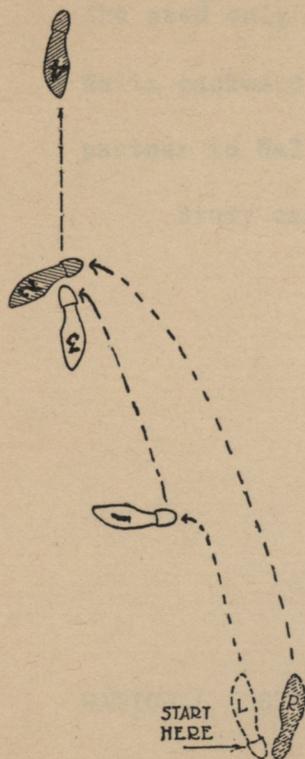
This turn, which is undoubtedly one of the most effective looking steps in the Fox Trot, consists of a Waltz step (used in making the left turn) and one slow step backward with the right foot.

Following is a detailed description of the complete movement:

Beginning with left foot, step forward turning to left, (Waltz turn to left). This Waltz movement takes three steps and during these three steps you should make a half turn. Count 1, 2, 3.

4. Take a long step backward on the right foot, holding the weight on this foot for two counts while you lift the left foot slightly off the floor.

REPEAT THE ENTIRE MOVEMENT



Note: In order to make a half turn on one Waltz step of three counts, it is necessary to turn very sharply on each step. At the completion of the third step your back should be toward the line of direction. If you have never made a half turn in one Waltz step practice this until you can do it with ease. See diagram.

Note that in all Waltz steps done to Fox Trot music, the first step of the Waltz is a slow one while the second and third steps are done quickly.

### Lady's Part

Stand with your heels together, your back toward line of direction. Beginning with the right foot, step backward and do one Waltz step of three counts.

Then step forward on the left and as you hold weight on this foot for two full counts, raise the right foot slightly up at the back.

REPEAT THE ENTIRE MOVEMENT.

Note that in all Waltz steps done to Fox Trot music the first step of the Waltz is a slow one while the second and third steps are done quickly.

It is not necessary for the girl to practice the Waltz turns. She need only practice the Waltz steps going backward. If she can Waltz backward with ease she will have no difficulty in following her partner in Waltz turns.

Study carefully the first two paragraphs above.