

**The Grand Ballroom  
Ballroom Dancing  
with Andy & Wendy Wong**



*Thank you very much for purchasing this DVD. We hope you have many enjoyable hours of watching and learning from our teaching. The variations demonstrated and the method by which they are described and taught on this video are exactly what we do in our studio group classes. As such, our DVD collection is one of the most sought after teaching and learning tools in the dance market. We hope you will have an opportunity to learn the other dances in our DVD series.*

*Thank you and happy dancing,  
Andy & Wendy*



The Grand Ballroom, 12250 Riverside Drive, Richmond, BC V6V 1K5 Canada  
tel: 604.273.5130 fax: 604.273.3735 email: info@theballroom.com web: www.theballroom.com

**GOLD Standard  
SLOW FOXTROT**

**Group 1a**

Feather Step - Reverse Turn -  
Hover Telemark - Feather Step

**Group 1b**

Feather Step - Reverse Turn -  
Hover Telemark - Basic Weave

**Group 1c**

Feather Step - Reverse Turn -  
Hover Telemark to p.p. -  
Overturned Natural Weave

**Group 2a**

Feather Step - Reverse Turn -  
Three Step - Curved Feather -  
Back Feather - Feather Finish

**Group 2b**

Feather Step - Reverse Turn -  
Three Step - Curved Feather -  
Open Impetus

**Group 2c**

Feather Step - Open Telemark -  
Curved Feather - Open Impetus

**Group 3**

Continuous Reverse Wave

**Group 4**

Feather Finish - Three Step -  
Natural Hover Cross - Reverse Turn

**Group 5**

Feather Step  
Bounce Fallaway & Weave Ending

**Group 6a**

Natural Twist Turn with  
Open Impetus Ending

**Group 6b**

Natural Twist Turn with  
Natural Weave Ending

**Group 7**

Feather Step  
Fallaway Reverse Slip Pivot  
Reverse Wave

**Group 8**

Feather Finish  
Three Step  
Natural Telemark

**SLOW FOXTROT  
STEPLIST**