

# **Foxtrots**

Beau Sievers

for any number of couples  
and any collection of instruments

## **Foxtrot Performance Guidelines:**

Any number of foxtrots may be performed simultaneously, with two performers per foxtrot. Performers may use any number of instruments of their choosing.

Foxtrots may be performed individually or in any arbitrary sequence, with or without repeats, and with or without intervening pauses.

The Lead counts off the piece at a comfortable tempo which she may alter at will—gradually over the course of a phrase, or suddenly following a cross notehead. Virtuous leaders exhibit tact and courtesy. The Follow matches pace.

Notes with an up-arrow should be higher in pitch than the previous note. Notes with a down-arrow should be lower in pitch than the previous note. The first note may be any pitch.

Cross noteheads should be of indeterminate pitch. Where instrumentation allows, cross noteheads should be flammed. Changes in instrumentation or timbre may only occur—and *must* occur—at cross noteheads.

When using percussion instruments, the Lead should lead with their dominant hand, while the Follow should lead with their non-dominant hand. For bowed instruments, the Lead should begin with a downbow while the Follow should begin with an upbow, etcetera. Variations on this instruction are possible, e.g. the Lead may play all up-arrows as downbows and all down-arrows as upbows while the Follow does the opposite.

While it is possible to achieve familiarity with a single set of foxtrot steps, true mastery is demonstrated by comprehensive understanding of the form. Performers are encouraged to choose an unfamiliar foxtrot every time they play.

Adventurous couples may switch roles.

Be mindful of other dancers on the floor.

Beau Sievers  
Hanover, NH  
March 8, 2009

# Foxtrot 1

Lead

Follow

Ld 9

Fol

Ld 17

Fol

Ld 25

Fol

Ld 33

Fol

Ld 41

Fol

## Foxtrot 2

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

# Foxtrot 3

Lead

Follow

Ld 9

Fol

Ld 17

Fol

Ld 25

Fol

Ld 33

Fol

Ld 41

Fol

This score contains six staves of musical notation for a Foxtrot dance. The first two staves are for the Lead dancer, and the next four are for the Follow dancer. Each staff consists of a five-line staff with vertical bar lines dividing measures. Above each staff, the word 'Lead' or 'Follow' is written. The notation includes vertical stems with arrows indicating direction (up or down), horizontal stems with 'x' marks, and vertical stems with 'x' marks. Dynamics such as 'f' (fortissimo), 'mf' (mezzo-forte), and 'p' (pianissimo) are indicated below the stems. Measure numbers 1 through 41 are placed above the staves at regular intervals.

## Foxtrot 4

Lead

Follow

Ld

Fol

# Foxtrot 5

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

# Foxtrot 6

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

# Foxtrot 7

Lead      Follow

Lead      Follow

Ld 10      Fol

Ld 20      Fol

Ld 30      Fol

Ld 40      Fol

# Foxtrot 8

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

# Foxtrot 9

Lead

Follow

Ld 10

Fol

Ld 20

Fol

Ld 30

Fol

Ld 39

Fol

Foxtrot 10

Lead

Follow

Ld 8

Fol

Ld 17

Fol

Ld 25

Fol

Ld 33

Fol

Ld 41

Fol

# Foxtrot 11

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

# Foxtrot 12

Lead

Follow

Ld

Fol

Ld

<img alt="Musical score for Foxtrot 12, Lead part. It shows two st

Foxtrot 13

Lead

*f* *mf* *f* *p* *f* *p* *p* *mf* *p* *mf* *f* *mf* *f* *p* *mf* *f*

Follow

*p* *mf* *p* *f* *p* *f* *f* *mf* *f* *mf* *f* *p* *mf* *f*

Ld

*mf* *f* *p* *mf* *p* *f* *p* *mf* *p* *mf* *f* *p* *mf* *p*

Fol

*mf* *p* *f* *mf* *f* *p* *f* *mf* *f* *f* *mf* *f* *p* *mf* *f*

Ld

*f* *mf* *p* *f* *mf* *p* *f* *mf* *p* *mf* *f* *p* *mf* *p*

Fol

*p* *mf* *f* *p* *mf* *f* *p* *mf* *f* *f* *mf* *f* *p* *mf* *f*

Ld

*f* *mf* *f* *p* *mf* *p* *f* *p* *mf* *p* *mf* *f* *p* *mf* *p*

Fol

*p* *mf* *f* *p* *mf* *f* *p* *mf* *f* *f* *mf* *f* *p* *mf* *f*

Ld

*f* *p* *mf* *f* *p* *mf* *f* *p* *mf* *f* *f* *mf* *f* *p* *mf* *f* *p* *mf* *f* *f* *mf* *f* *p* *mf* *f* *f* *mf* *f*

Fol

*p* *f* *p* *f* *mf* *f* *p* *f* *mf* *f* *f* *mf* *f* *p* *f* *mf* *f* *f* *mf* *f* *p* *f* *mf* *f* *p* *f* *mf* *f*

Ld

*p* *f* *p* *f* *p* *mf* *f* *p* *mf* *f* *f* *mf* *f* *p* *mf* *f* *f* *mf* *f* *p* *mf* *f* *f* *mf* *f* *p* *mf* *f*

Fol

*f* *p* *f* *p* *f* *mf* *f* *p* *mf* *f* *f* *mf* *f* *p* *mf* *f* *f* *mf* *f* *p* *mf* *f* *f* *mf* *f* *p* *mf* *f*

# Foxtrot 14

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

# Foxtrot 15

Lead

Follow

Ld 2

Fol

Ld 9

Fol

Ld 17

Fol

Ld 25

Fol

Ld 33

Fol

Ld 41

Fol

# Foxtrot 16

Lead

Follow

Ld 8

Fol

Ld 16

Fol

Ld 25

Fol

Ld 33

Fol

Ld 41

Fol

Foxtrot 17

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

# Foxtrot 18

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Measure 2: 2/4 time, dynamic **p**, **mff**. Measure 3: 2/4 time, dynamic **p**, **mff**. Measure 4: 2/4 time, dynamic **mf**. Measure 5: 2/4 time, dynamic **f mfp**. Measure 6: 2/4 time, dynamic **f**, **mf**. Measure 7: 2/4 time, dynamic **f**. Measure 8: 2/4 time, dynamic **p**, **mf**, **p**. Measure 9: 2/4 time, dynamic **p**, **mf**. Measure 10: 2/4 time, dynamic **f**, **mfp**. Measure 11: 2/4 time, dynamic **f**, **mf**. Measure 12: 2/4 time, dynamic **f**. Measure 13: 2/4 time, dynamic **p**, **mf**, **p**. Measure 14: 2/4 time, dynamic **f**, **mf**. Measure 15: 2/4 time, dynamic **f**, **mf**. Measure 16: 2/4 time, dynamic **p**, **mf**. Measure 17: 2/4 time, dynamic **f**, **mf**. Measure 18: 2/4 time, dynamic **f**, **mf**, **f**. Measure 19: 2/4 time, dynamic **mf**, **p**. Measure 20: 2/4 time, dynamic **f**, **p f p**. Measure 21: 2/4 time, dynamic **mf**. Measure 22: 2/4 time, dynamic **f**, **p**. Measure 23: 2/4 time, dynamic **p**, **mf**, **p mfp**. Measure 24: 2/4 time, dynamic **f**, **mf**. Measure 25: 2/4 time, dynamic **f**, **mf**, **f**. Measure 26: 2/4 time, dynamic **f**, **mf**. Measure 27: 2/4 time, dynamic **f**, **mf**, **f mff**. Measure 28: 2/4 time, dynamic **f**, **p**. Measure 29: 2/4 time, dynamic **p**, **f**. Measure 30: 2/4 time, dynamic **mf**, **f**. Measure 31: 2/4 time, dynamic **p**, **mf**. Measure 32: 2/4 time, dynamic **f**, **p**. Measure 33: 2/4 time, dynamic **f**, **mf**, **f**. Measure 34: 2/4 time, dynamic **f**, **mf**. Measure 35: 2/4 time, dynamic **f**, **mf**, **f**. Measure 36: 2/4 time, dynamic **f**, **mf**. Measure 37: 2/4 time, dynamic **p**, **f**. Measure 38: 2/4 time, dynamic **f**, **p**.

# Foxtrot 19

Lead      Follow

2      9      17      25      33      41

Lead      Follow

Lead      Follow

Lead      Follow

Lead      Follow

Lead      Follow

Lead      Follow

# Foxtrot 20

Lead

Follow

Ld 9

Fol

Ld 17

Fol

Ld 25

Fol

Ld 33

Fol

Ld 41

Fol

# Foxtrot 21

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

## Foxtrot 22

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

# Foxtrot 23

Lead      Follow

2      9      17      25      33      41

Ld      Fol      Ld      Fol      Ld      Fol

Follow

Foxtrot 24

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

# Foxtrot 25

Lead      Follow

2

Ld      Fol

8

Ld      Fol

16

Ld      Fol

24

Ld      Fol

33

Ld      Fol

41

Ld      Fol

Foxtrot 26

Lead

*f p mf p* *mf p mf p* *f p mf* *p mf p f* *p f* *p* *mf p* *p*

Follow

*p f mff f* *mff f mff f* *p f mf* *f mff f p* *f p* *f* *mf f* *f*

Ld

*mf p* *p f* *f p* *p* *mf f p* *f p f* *mf f* *mf f*

Fol

*mf f* *f* *p* *f* *mf f mf f* *f p f* *mf p f p* *mf p*

Ld

*mf f* *mf p* *f p* *f p* *mf p mf* *p f p* *f p* *p*

Fol

*mf p* *mf f* *f* *p* *f* *p f* *p* *f*

Ld

*mf p* *p mf* *p f* *f p mf p* *mf* *p f mf* *f mf* *f p*

Fol

*mf f* *f mf f* *f* *p f mff f* *mf* *f p mf f* *mf f* *mf f*

Ld

*f p* *f* *mf* *f p f mf* *p mf p mf* *p* *f mf* *f mf p*

Fol

*p f* *p* *mf* *p f mf* *f mf f mf* *f* *p mf f* *mf p mf*

Ld

*mf f* *mf* *f* *mf f mf* *p f p* *mf p f mf* *p* *mf p*

Fol

*mf p* *mf* *p* *mf p mf* *f mf f mf* *f* *mf f* *mf f*

# Foxtrot 27

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

# Foxtrot 28

Lead

Follow

Ld 1

Fol

Ld 9

Fol

Ld 17

Fol

Ld 25

Fol

Ld 33

Fol

Ld 41

Fol

# Foxtrot 29

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

<img alt="Musical score for Foxtrot 29, Lead part at measure 33. It shows two staves of music for a piano or similar instrument. The top staff is labeled 'Ld' and the bottom staff is labeled 'Fol'. The music consists of 12 measures, mirroring the Follow part. Measure 33 starts with a dynamic 'mf' (mezzo-forte). Measures 34-35 show 'f' dynamics. Measures 36-37 show 'mf' dynamics. Measures 38-39 show 'p' dynamics. Measures 40-41 show 'f' dynamics. Measures 42-43 show 'mf' dynamics. Measures 44-45 show 'p' dynamics. Measures 46-47 show 'f' dynamics. Measures 48-49 show 'mf' dynamics. Measures 50-51 show 'p' dynamics. Measures 52-53 show 'f' dynamics. Measures 54-55 show 'mf' dynamics. Measures 56-57 show 'p' dynamics. Measures 58-59 show 'f' dynamics. Measures 60-61 show 'mf' dynamics. Measures 62-63 show 'p' dynamics. Measures 64-65 show 'f' dynamics. Measures 66-67 show 'mf' dynamics. Measures 68-69 show 'p' dynamics. Measures 70-71

# Foxtrot 30

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

# Foxtrot 31

Lead

Follow

Ld

Fol

Foxtrot 32

Lead

Follow

Ld

Fol

# Foxtrot 33

Lead

*p mff* *p fmf* *f mff* *mf* *f p* *f mff* *mf* *f mfp* *f*

Follow

*f mfp* *f p mf* *p* *mfp* *mf p f* *p mfp* *mf* *p mff* *p*

Ld

*p* *f mf* *p* *mf* *f mf* *p mff f* *mf p f* *p* *f* *mf* *f p f*

Fol

*f* *p mf* *f* *mf* *p mf* *f mfp* *mf f p* *f* *p* *mf* *p f p*

Ld

*p* *mf f* *mf p* *p* *mf* *f p* *mf p mf* *f mfp f* *mf f*

Fol

*f* *mf p* *mf* *f* *mf* *f* *mf f mf* *p mfp* *mf p*

Ld

*p mf* *f mf* *f* *mf* *f* *mf p* *f p* *f* *mf* *p mf* *f mf*

Fol

*f mfp* *p mf* *p* *mf* *p* *mf f* *f* *p* *mf* *f mfp* *f mfp*

Ld

*p mf* *p* *mf f* *f* *p mf* *f* *mf* *f* *p* *mf* *p mf*

Fol

*f mfp* *f* *p mf* *p* *mf* *p* *mf* *f* *p* *f* *f mfp*

Ld

*mf* *p* *f mf* *f* *p* *mf* *p mf* *f* *mf p* *mf f p mfp* *f mf*

Fol

*mf* *f* *p x* *p mf* *p* *f* *f mfp* *f* *mf f p* *mf f p mfp* *p*

Foxtrot 34

Lead

*p* *mf f mf* *f mf* *f* *mf p f mf* *f p f*

Follow

*f* *mf p mf* *p mf* *p* *mf f p mf* *p f p*

Ld

*p* *f* *p f mf* *p mf f* *p mf p* *f mf f* *p mf p* *f mf f*

Fol

*f* *p* *f p mf* *f mf f* *p mf p* *f mf f* *p mf p* *f mf f*

Ld

*p* *mf* *p f* *mf p* *mf* *p mf* *p* *f mf* *p f* *mf f mf f*

Fol

*f* *mf* *f p* *mf f* *mf f* *f mf f* *f p* *mf p* *mf f*

Ld

*p* *mf f* *p* *mf p f mf* *f mf* *f mf p* *f p* *mf f* *f p*

Fol

*f* *mf p* *f mf f* *p mf f* *p mf* *f mf f* *p f* *mf* *p f*

Ld

*f* *mf p* *f p* *mf f mf* *f* *p f* *mf f p* *f* *mf* *f p*

Fol

*p* *mf f* *p* *mf p mf* *p* *f p* *mf p f* *p* *f* *p mf f p*

Ld

*p f p mf* *f p mf* *f mf* *f mf* *p* *mf f mf* *f mf* *p* *p*

Fol

*f p* *f mf* *p f* *mf* *p mf* *f mf* *p mf* *p* *f*

# Foxtrot 35

Lead

Follow

Ld 9

Fol

Ld 17

Fol

Ld 25

Fol

Ld 33

Fol

Ld 41

Fol

# Foxtrot 36

Lead

Follow

Ld

Fol

Foxtrot 37

Lead

Follow

Ld

Fol

# Foxtrot 38

Lead

Follow

Ld 9

Fol

Ld 19

Fol

Ld 29

Fol

Ld 39

Fol

# Foxtrot 39

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

# Foxtrot 40

Lead

Follow

Ld

Fol

# Foxtrot 41

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

2

*f mff f* *p f* *p* *f mff mf* *f* *p mf* *f* *p f mf* *p f p*

*p mfp* *f p* *f* *p mfp mf* *p* *f mf* *f* *p* *f p mf* *f p f*

9

*mf p* *f mf* *f p* *f mf* *f p* *mf* *f mf f* *p f* *f mf* *f p f*

*mf f* *p* *mf p* *f p* *f* *p mf* *p* *f mf p* *f mf f p*

17

*mf f p* *mf* *f p* *f mf* *f p* *mf* *f mf f* *p mf p* *f mf*

*mf p f* *mf p* *f p* *f mf* *f p mf* *p* *f mf f* *p* *mf*

25

*f mfp* *f* *mf f mf* *f p* *f p* *f p* *f* *p f* *p f*

*p mff f p* *mf p mf* *p* *f* *p* *f p* *f p* *f p* *f p*

33

*p f p* *f mff f p* *mf f* *mf f* *f p* *f p* *f p* *f p*

*f p f* *p mfp f* *mf p* *p* *mf p* *f p* *p f mf* *f p*

41

*mf p* *mf* *p mf* *p mf* *p f* *p mf p* *f* *mf p f* *mf p f*

*mff f* *mf* *f mf* *f mf* *f p* *f mf f* *p* *mf f p* *mf f p*

# Foxtrot 42

Lead

Follow

Ld 2

Fol

Ld 8

Fol

Ld 16

Fol

Ld 24

Fol

Ld 32

Fol

Ld 40

Fol

# Foxtrot 43

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

# Foxtrot 44

Lead

Follow

Ld 9

Fol

Ld 17

Fol

Ld 25

Fol

Ld 33

Fol

Ld 41

Fol

# Foxtrot 45

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

# Foxtrot 46

Lead

Follow

Ld 8

Fol

Ld 17

Fol

Ld 25

Fol

Ld 33

Fol

Ld 41

Fol

Foxtrot 47

Lead

Follow

Ld

Fol

Foxtrot 48

Lead

*2*

*p f mf*   *p f*   *mf p*   *p f*   *p mf*   *p f*   *mf f*   *p mf f*

Follow

*f p mf*   *f p*   *f mf*   *f p*   *f mf*   *f p*   *mf p*   *f mf p*

Ld

*8*

*mf f*   *p*   *mf p f mf*   *f mf p*   *f mf p*   *f*   *p*   *mf p*   *mf p mf*   *f mf p*   *p*   *mf*

Fol

*mf p*   *f*   *mf f p mf*   *p mf f*   *p*   *f mf f*   *mf f mf*   *p mf*   *f*   *mf*

Ld

*16*

*f p*   *mf*   *f mf p*   *p*   *mf f*   *f*   *mf*   *p f*   *mf p mf f*   *p f p*

Fol

*p f*   *mf*   *p mf*   *f mf*   *p*   *mf*   *f p*   *mf f mf p*   *f p f*

Ld

*24*

*mf f*   *f*   *mf*   *f mf*   *f p*   *mf f*   *p mf f*   *p f*   *mf*

Fol

*mf*   *p*   *mf*   *p mf*   *p*   *f*   *mf p*   *f p*   *mf*

Ld

*32*

*p mf f mf*   *f*   *p*   *f p mf*   *p*   *mf p f*   *p*   *f mf p*   *p f p*

Fol

*f mf p mf*   *p*   *f*   *f mf*   *f*   *mf f p*   *f p*   *f p f*

Ld

*40*

*f*   *p mf p*   *mf p mf*   *p f*   *p mf*   *f*   *p f*   *p*

Fol

*p*   *f*   *mf f*   *mf f mf*   *f p*   *f mf*   *p*   *f p f*

# Foxtrot 49

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

# Foxtrot 50

Lead

Follow

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol

Ld

Fol