The Rocker Foxtrot is a set pattern dance.

For the definition of steps and holds refer to the General Regulations 2022, Rule 704-705 and for the dance itself to the Handbook of Ice Dance 2003.

Rocker Foxtrott is skated according to the Handbook of Ice Dance 2003. Variation of holds outside KPs is allowed.

In 2RF woman skates the man’s steps and man the woman’s step and they switch tracking sides. Prescribed holds in KP (except hand-in-hand). Variation of holds outside KPs is allowed.