

## CENTRAL PARK

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Music: Central Park by Italian Ballroom (feat. Andrea Quadri)  
From the CD album Italian Ballroom – Foxtrot  
Available from iTunes Music Downloads

Rhythm/Phase: Foxtrot Phase V

Music Speed: As downloaded

Footwork: Opposite throughout directions for M (and for W where noted).

Sequence: Introduction A B A (9-16) A B A (9-16) C Ending

### . . . . . INTRODUCTION (4 Measures) . . . . .

CP DLW LEAD FEET FREE WAIT 2 MEAS;; CLOSED HOVER; BOX FINISH;

[1 & 2] In clsd pos DLW with lead feet free wait 2 measures;; [3] Fwd L, -, fwd R rising to ball of foot, rec bk L stay clsd pos; [4] Bk R commence slight lf rotation toward LOD, -, sd L, cl R;

### . . . . . PART A (16 Measures) . . . . .

CURVING THREE-STEP; BK CURVING THREE-STEP; THREE-STEP; OPN NATURAL;  
OUTSIDE SWIVEL TWICE; WEAVE ENDING CHKNG; OUTSIDE SWIVEL & PKUP;  
CHNG OF DIRECTION; TELEMARK SEMI; OPN NATURAL; BK PASSING CHNG; STEP  
BK & CHASSE BJO; NATURAL HOVER CROSS;; 2 LT TURNS FC LOD;;

[1] Fwd L commence lf turn, -, fwd R passing well under the body with right side stretch continue lf turn, with right side stretch banking into the curve fwd L well under the body;  
[2] Bk R commence lf turn, -, bk L passing well under body with left side stretch continue lf turn, with left side stretch banking into the curve bk R well under the body; [3] Fwd L, -, fwd R, fwd L; [4] Commence rf upper body turn fwd R heel to toe, -, sd L across line of dance, continue slight rf upper body turn bk R leading partner to step outside M to bjo pos;  
[5] Rk bk L, -, rec fwd R, -; (W fwd R swiveling rf on ball of foot ending in semi-clsd pos, -, fwd L swiveling lf on ball of foot ending in bjo pos, -;) [6] Bk L, bk R commence lf turn passing thru clsd pos, with left side stretch sd & fwd L preparing to step outside partner, with left side stretch fwd R in CBMP outside partner DLW chng forward movement;  
[7] Rk bk L, -, rec fwd R picking up W clsd pos LOD, -; (W fwd R swiveling rf on ball of foot ending in semi-clsd pos, -, fwd L swiveling lf on ball of foot to picked-up pos, -;) [8] Fwd L, -, fwd R DLW right shoulder leading and slight lf turn, draw L to right; [9] Fwd L commence lf turn, -, sd R continue lf turn, sd & slightly fwd L to end tight semi-clsd pos DLW; [10] Same as measure 4; [11] In bjo pos bk L, -, bk R, bk L; [12] Crossing in front of partner step sd & bk R commence lf turn towards wall, -, sd L/cl R, sd L blnd bjo pos DLW; [13 & 14] Fwd R DLW commence rf turn, -, sd L with left side stretch, continuing rf turn sd R to end sdcar pos LOD or DLW; With right side stretch fwd L outside partner in CBMP on toe, rec R with slight left side lead, sd & fwd L, with left side stretch fwd R outside partner in CBMP on toe; (W bk L commence rf turn, -, cl R to left heel turn with right side stretch, continue rf turn sd & bk L to sdcar pos; With left side stretch bk R in CBMP on toe, rec L with slight right side lead, sd & bk R, with right side stretch bk L in CBMP;) [15 & 16] Fwd L commence lf upper body turn, -, continue turn up to 1/2 sd & bk R, cl L; Bk R commence lf upper body turn, -, continue turn up to 1/2 sd & fwd L, complete turn clsd pos LOD cl R;

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### ..... PART B (8 Measures) .....

DIAMOND TURN;;;; 2 LT TURNS FC WALL;; 2 SD CLOSES; WALK & PKUP;

[1 - 4] Fwd L turning lf on diag, -, continue lf turn sd R, bk L with partner outside M in CBMP; Staying in CBMP and turning lf bk R, -, sd L, fwd R outside partner in CBMP; Fwd L turning lf on diag, -, sd R, bk L with partner outside M in CBMP; Bk R continue lf turn, -, sd L, fwd R DLC; [5 & 6] Same as measures 15 & 16 of Part A but end the turns clsd pos fcng wall;; [7] Sd L, cl R, sd L, cl R; [8] Toward LOD fwd L, -, fwd R picking up W clsd pos LOD, -;

### ..... PART C (8 Measures) .....

OPN REVERSE TURN; HOVER CORTE; BACK WHISK; RIPPLE CHASSE; THRU & CHASSE BJO; MANUV; 2 RT TURNS FC LOD;;

[1] Fwd L turning lf 1/8 to 1/4, -, continue lf turn sd R, bk L to CBMP; [2] Bk R start lf turn, -, sd & fwd L with hovering action continue body turn, rec R bjo pos; [3] Bk L, -, bk & sd R, XLIB of right finishing semi-clsd pos; [4] Thru R, -, sd & slightly fwd L with slight left side stretch/continue left side stretch into a right sway as you cl R to left looking to right holding sway, sd & fwd L losing sway blnd semi-clsd pos; [5] Toward LOD thru R, -, sd & fwd L turn to fc partner/cl R, sd L blnd bjo pos; [6] Commence rf turn fwd R, -, continue rf turn to fc partner sd L, complete turn cl R; [7 & 8] Bk L commence up to 1/4 rf turn, -, sd R toward line of progression continue turn up to 1/4 rf, complete turn cl L; Fwd R commence up to 1/4 rf turn, -, sd L diag across line of progression continue turn up to 1/4 rf, complete turn clsd pos LOD cl R;

### ..... ENDING (12 Measures) .....

CURVING THREE-STEP; BK CURVING THREE-STEP; THREE-STEP; OPN NATURAL; OUTSIDE SWIVEL TWICE; WEAVE ENDING CHKNG; OUTSIDE SWIVEL & PKUP; CHNG OF DIRECTION; 2 LT TURNS FC WALL;; 2 SD CLOSES; SLOW CHUG APART & SLOW POINT TO PARTNER;

[1 - 8] Same as measures 1 thru 8 of Part A;;; ;;; [9 & 10] Same as measures 5 & 6 of Part B;; [11] Sd L, cl R, sd L, cl R; [12] Slowly chug apart from partner keeping weight primarily on lead foot, -, slowly point trailing foot & index finger of right hands toward partner, -;