A WALK IN THE PARK

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Music Casa Musica - The Ballroom Mix 6 (Disc 1-Track 3 - "Walk With Me" – Robin Spielberg & Jennifer Langham)

Rhythm Waltz Footwork For Man (Lady opposite - or as noted) Speed: CD
Phase V + 2 Ckd Rev & Slip, Hairpin Released: April 2017
Sequence Intro, A, B, Inter, B (mod 16), A (mod 18), END

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INTRO

1-4 WAIT ; WAIT (LDY ARM OUT) ; SWAY L (SHE CARESS) ; SWAY R (SHE ARM SWEEP) ;
1  { 123 } Wait in SKTRS Pos fcg wall - both on R ft with L ft pointed sd twd LOD lady w/R arm acrs chest and R hand palm up ;
2  { 456 } Wait (Pull R hand across body to end toward R LOD with palm down) ;
3  { 123 } Both chg weight to sway L (Sweep R arm up & twd LOD to caress M's face) ;
4  { 456 } Both chg weight to sway R (Cont. R arm sweep down & out twd R LOD) ;

5-8 OPN HINGE ; SLO SWVL TO SM FT LUNGE LINE ; TELESPIN END ;
5  { 123 } Rec to L as lift & rel L hnds, blend loose CP fcg wall, with slight LF body trn lwr into L to allow ptr to develop the Open Hinge (Rec L trng LF as raise L arm up and R arm down, sd R ... small stp as blend to loose CP, XLIB of R and lower into L as extend R twd R LOD (to match ptr's leg line) ;
6-7  { 123 456 } Rec R, with RF trn to CP, draw L to R ; lower into R as pt L sd & fwd twd LOD - as in Same Foot Lunge (Rec fwd R, slowly swivel RF to lose CP, ; lwr on R as pt L thru twd LOD) ;
8  { &123 } Rise on R with LF body trn leading ptr nearly to CP/fwd L, fwd & sd R trng LF, sd & fwd L in SCP DLW (Rec fwd onto L swivel LF to end with R toe bk/bk R, toe-pivot on R as cl L to R trng LF, sd & fwd R in SCP) ;

PART A

1-4 RUNNING OPN NATRL ; BK TO WING ; FWD SWVL POINT (BFLY) ; X CHECK ;
1  { 12&3 } Thru R DLW, sd & bk Lbk R, sd & bk L BJO (Thru L, head L as fwd R/L, sd & fwd R) ;
2  { 456 } Bk R BJO, bk L to brief CP, ck bk R SCAR (Fwd L, fwd R brief CP, ck fwd L to Wing) ;
3  { 123 } Fwd L, swvl LF to BFLY WL, pt R sd twd R LOD (Bk R, swvl LF to BFLY, pt L sd R LOD) ;
4  { 456 } With L side leading XRIF of L ck’g twd LOD, body shaped twd ptr, - (With R side leading XLIB of R ck’g bk twd LOD, body shaped twd ptr, -) ;

5-8 HE REC CL (SHE SPIRAL SKTRS DLC) ; FWD WALTZ ; HE FWD 2 & LK (SHE SYNC P/U LK) ; TELMARK (SCP DLW) ;
5  { 12 - ( 1-4 ) } As rec L raise L hnds as for inside U/A trn, cl R rel both hands, then blnd Sktrs DLC, - (Rec R, Spiral LF ... R hnd over head then acrs chest as shape twd ptr, then blend Sktrs DLC with R arm out) ;
6  { 456 } Same foot ... Sktrs fwd Waltz L, R, L ;
7  { 123 (12&3) } Fwd R, L, XRib (Fwd R, L/sd & bk R trng LF, raise L arm as XLIB of R to CP bkg DLC) ;
8  { 456 } Normal footwork ... Fwd L, fwd & sd R trng LF, sd & fwd L SCP DLW (Bk R, heel trn on R as cl L, sd & fwd R) ;

9-12 RUNNING OPN NATRL ; BK TO WING ; FWD SWVL PT (BFLY) ; X CHECK ;
9-12 Repeat A 1-4
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13-16 HE REC CL (SHE SPIRAL SKTRS DLC) ; OPEN REV ; OPEN FINISH ; FWD WALTZ ;
13    Repeat A 5
14    { 456 } Same foot . . . Fwd L, sd R, bk L Skaters bkg LOD (As dance the figure sweep R arm in) ;
15    { 123 } Bk R, sd & fwd L, fwd R Skaters DLW (As dance the figure sweep R arm out) ;
16    { 456 } Fwd L, R, L twd DLW (As dance the figure sweep R arm in) ;

17-18 X CHECK : HE REC RUN 3 (SHE BK HVR W/SUNBURST) ;
17    { 123 } Both XRIF of L ck’g twd LOD, body shaped to R (As dance the figure sweep R arm out) ;
18    { 45&6 (456) } Rec ckg bk L rel hld, run fwd trng RF R/L, R to BJO with L arm out feg DRC (As rec bk L bring your hnds tog close to face, hnds up as stp bk R with rise, cont hnds up and out in large Sunburst as stp fwd L to end in BJO & L arm out) ;

PART B

1-4 RUNAROUND ; ; OPEN IMPETUS (DLC) ; WEAVER 3 ;
1-2    { 1&2&3&4&5&6& } Quickly run fwd trng RF L/R, L/R, L/R ; L/R, L/R, L/R to end feg nearly DRC (Quickly run fwd trng RF L/R, R/L, R/L, R/L, R/L, R/L) ;
3    { 123 } Bk L, heel trn cl R with rise, sd & fwd L SCP DLC (Fwd R, fwd & sd L trn RF, sd & fwd R) ;
4    { 456 } Thru R, fwd L trng LF CP, sd & bk R bkg LOD (Thru L, fwd R trng LF CP, sd & fwd L) ;

5-8 SYNC PICKUP LOCK ; CHECKED REV ; SLIP TO ROLLING R LUNGE & SLIP (DLC) ; ;
5    { 12&3 } Bk L, bk r trng LF/sd & fwd L, cl R CP DLC (Fwd R, fwd L trng LF/sd & bk R, XLIF) ;
6    { 45 - } Fwd L, fwd R trng LF ck feg twd COH, - (Bk R, cl L to R with head R, -) ;
7-8    { 123 456 } Slip L ft bk feg twd LOD, sway L with soft knee and roll body CW allow the free R foot to move twd DRW, - ; cont. roll as take weight into R with soft knee ; - , cont roll as return wgt to L & rise, trng body LF slip R bk to CP feg DLC (Slip R fwd, sway to your R with soft knee and roll body CW allow free L foot to move twd DRW, - ; cont roll as take wgt to L, - , cont roll as return wgt to R & rise, trng body LF slip L fwd to CP twd DRW) ;

9-12 DBL REV ; OPEN REV ; BACK CHASSE (BJO DLW) ; CURVED FEATHER CK ;
9    { 12 - (12&3) } Fwd L, fwd & sd R trng LF, cont. trn body LF as pull L to R end feg twd LOD (Bk R, heel trn cl L/fwd & sd R trng LF, cont trn XLIF) ;
10    { 456 } Fwd L, sd R, bk L BJO feg DRC (Bk R, sd L, fwd R BJO) ;
11    { 12&3 } Bk R trng LF, sd L/cl R, sd & fwd L BJO DLW (Fwd L trn LF, sd R/cl L, sd & bk R BJO) ;
12    { 456 } Fwd R curv’g RF, fwd L cont. RF curv, ck fwd R twd RLOD BJO (Bk L curv’g RF, bk R cont. RF curv, ck bk L BJO) ;

13-16 HE BK TRNG WHISK (SHE WL T W/SWITCH) ; HE FWD WL T (SHE OPN FINISH) ;
13    OUTSD CONTRA CK ; BK CHASSE (BJO DLW) ;
13    { 123 (123&} } Inside-underarm wrap as rec L, sd & bk R, XLIB to fc RLOD (Rec fwd R, fwd L, fwd R/switch LF to wrapped pos RLOD) ;
14    { 456 } Fwd R, L, R to loose BFLY (Fwd L, raise L arm as stp bk & sd R, bk L to loose BFLY) ;
15    { 1 - } With R sd leading lwr into R as XLIF outside ptr L sd - twd RLOD, & extnd, - (With L sd leading lwr into L as XRB of L well under body, & extend with head R, -) ;
16    { 45&6 } Rec R, sd L/cl R, sd L BJO DLW (Rec L, & sd R/cl L, sd & bk R BJO) ; (Lady’s option – Roll L, R/L, R BJO) ;
INTERLUDE

1-4 MANUV & OVR SPIN ; ; R TURNIG LOCK W/PVT ; RONDE FALLAWAY (BJO) ;
1-2 { 123 456 } Fwd R, fwd & sd L, cl R ; bk L trng RF, fwd R cont trn, bk L DLC (Bk L, sd & fwd R, cl L ; fwd R trng RF, bk L cont trn, fwd R) ;
3 { 1&23 } Bk & sd R trng RF/XLIF, cont trn sd & fwd R btxn ptr' s feet pvt' g RF, bk L CP bkg LOD (Fwd L trng RF/XRIB, sd & bk L pvt' g RF, fwd R) ;
4 { 45 - } Fwd & sd R twd DLC, Ronde L CCW XIB of R in Fallaway bkg twd DLC, bk R trng ptr to BJO (Sd & bk L trng RF, Ronde R CW XIB of L in Fallaway bkg twd DLC, sd & fwd L BJO) ;

5-8 OTSD CHG ; CURVD FTHR CK ; OTSD PVT TO HAIRPIN ; BK PASSING CHG ;
5 { 123 } Bk L, bk R trng LF, sd & fwd L SCP DLW (Fwd R, fwd L, sd & fwd R) ;
6 { 456 } Fwd R curv' g RF, fwd L, ck fwd R twd DRW BJO (Bk L curv' g RF, bk R, ck bk L BJO) ;
7 { 12&3 } Bk L pivot nearly ½ RF, quick RF turn R/L, ck fwd R DRW BJO (Fwd R pivot RF, bk L/R tight RF turn on toes, ck bk R BJO) ;
8 { 456 } Retain BJO bk L twd DLC, bk R, bk L (Fwd R, fwd L, fwd R) ;

9-10 SLOW L WHISK (W/LDY'S FLICK) ; ;
9-10 { 1 - 3 4 - - } Bk R, -, bk & sd L feg twd DRW ; XRIB, shape twd ptr, - (Fwd L, -, fwd & sd R ; XLIB, -, Flick R aers L) ;

PART B – Repeat (Mod meas. 16)

1-4 RUNAROUND ; ; OPEN IMPETUS (DLC) ; WEAVE 3 ;
5-8 SYNC PICKUP LOCK ; CHECKED REV ; SLIP TO ROLLING R LUNGE & SLIP (DLC) ; ;
9-12 DBL REV ; OPEN REV ; BACK CHASSE (BJO DLW) ; CURVED FEATHER CK ;
13-16 HE BK TRNG WHISK (SHE WLTZ W/SWITCH) ; HE FWD WLTZ (SHE OPN FINISH) ;
OUTSD CONTRA CK ; BK CHASSE (SCP DLW) ;
16 { 45&6 } Rec R, sd L/cl R, sd L SCP DLW (Rec L, sd R/cl L, sd R SCP) ;

PART A – Repeat (Mod meas. 18)

1-4 RUNNING OPN NATRL ; BK TO WING ; FWD SWVL POINT (BFLY) ; X CHECK ;
5-8 HE REC CL (SHE SPIRAL SKTRS DLC) ; FWD WALTZ ; HE FWD 2 & LK (SHE SYNC P/U LK) ; TELMARK (SCP DLW) ;
9-12 RUNNING OPN NATRL ; BK TO WING ; FWD SWVL PT (BFLY) ; X CHECK ;
13-16 HE REC CL (SHE SPIRAL SKTRS DLC) ; OPEN REV ; OPEN FINISH ; FWD WALTZ ;
17-18 X CHECK ; REC & HOLD ;
18 { 4 - - } Rec bk L trng to fc wall, -, - (Rec bk L to fc wall, -, -) ;

END

1-4 HE CHASSE R (SHE ROLL REV) ; SWAY L (SHE CARESS) ; SWAY R (SHE ARM SWEEP) ;
OPN HINGE ;
1 { 123 } Sd R twd RLOD, cl L, sd R to SKTRS feg wall (Roll twd RLOD R, L, R to SKTRS feg wall) ;
2-4 Repeat (Intro 3-5)

5-8 SLO SWVL TO SM FT LUNGE LINE ; ; TELESPIIN END ; TO PROM SWAY & CHG ;
5-7 Repeat (Intro 6-8)
8 { 456 } Thru R, sd L with L sd stretch, then lwr into L as look & shape twd RLOD (Thru L, sd R with R sd stretch, then lower into R as look & shape twd RLOD) ;

Note: the music retards from meas. 6 thru 8 . . . continue mental count to end of dance.