

Manhattan Foxtrot

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Record: CD - Dance & Listen "30 Top Foxtrots" DLD 1094 Track 8 "Ross Mitchell"

Phase: 5+1 [3 Fallaways]

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Footwork Opposite unless Woman's footwork and/or position is shown in parentheses

Rhythm: Foxtrot

Speed: Time at speed on CD 2:21

SEQUENCE: Intro A B C B[1-15] End

INTRODUCTION

1-4 WAIT 2 MEAS;; TOGETHER & TOUCH TO CLOSED; FEATHER FINISH;

1-2 LOP Fcg & Wall Wait 2 Measures [Weight On Mands Right/Ladies Left;;]

3-4 Fwd L,-, Tch R To L CP DLW-; Bk R,-, Trn LF Sd & Fwd L, Fwd R CBMP DLC;

PART A

1-4 REVERSE TURN;; 3 STEP; START NATURAL HOVER CROSS;

1-2 Fwd L,-, Trn LF Sd R, (W Heel Turn) Bk L; Bk R,-, Trn LF Sd & Fwd L, Fwd R BJO DLW;

3 Fwd L,-, Fwd R CP, Fwd L;

4 Fwd R,-, Trn RF Sd L, (W Heel Turn) Cont Trn Sd & Fwd R SCAR DLC;

5-8 FINISH NATURAL HOVER CROSS; DOUBLE REV. SPIN; HOVER TELEMAR; FEATHER;

5 Fwd L Chkg, Rcvr R, Sd L, Fwd R BJO DLC;

6 Fwd L Comm LF Trn,-, Sd R DLC, Spin LF; (W Bk R Comm LF Trn,-, Cl L To R Heel Trn/Sd & Slightly Bk R Cont LF Trn, XLIF) CP DLC;

7 Fwd L,-, Sd & Fwd R, Trn RF To SCP Fwd L DLC;

8 Fwd R,-, Fwd L, Fwd R DLC/BJO (W Thru L Trn LF Twd Ptr,-, Sd & Bk R To BJO, Bk L);

9-12 REVERSE WAVE;; BACK FEATHER; FEATHER FINISH;

9-10 Fwd L,-, Trn LF Sd R (W Heel Turn), Bk L DLW; Curve LF Bk R,-, Bk L, Bk R;

11 Bk L,-, Bk R with Right Side Lead, Bk L To CBMP Facing RLOD;

12 Bk R,-, Trn LF Sd & Fwd L, Fwd R CBMP DLW;

13-16 3 STEP; NATURAL TURN A ½; CLOSED IMPETUS; FEATHER FINISH;

13 Repeat Meas 2 Of Part A;

14 Fwd R Between W's Feet Comm RF Trn,-, Fwd & Around Ptr L (W Heel Turn), Bk LOD In CP;

15 Bk L,-, Trn RF Cls R To L with Heel Trn, Sd & Bk L To CP DLW; (W Fwd R,-, Trn RF Sd L, Brush R To L Fwd R;)

16 Repeat Meas 12 Of Part A;

PART B

1-4 REVERSE WAVE;; BACK 3 STEP; OUTSIDE CHECK;

1-2 Fwd L,-, Trn LF Sd R (W Heel Turn), Bk L DRC; Curve LF Bk R,-, Bk L, Bk R DRW;

3 Bk L To CP,-, Bk R, Bk L;

4 Bk R Trng LF,-, Sd & Fwd L, Ck Fwd R Outside Ptr To CBMP DRW;

....PART B Continued over....

- 5-8 IMPETUS TO SEMI; [OverTurned] NAT. FALLAWAY/WEAVE;; CHANGE OF DIRECTION;**
5 Bk L,-, Trn RF Cl R For Heel Turn, Fwd L DLW; [Overturned]
6-7 Thru R,-, Trn RF Sd & Fwd L; Bk R To SCP DLC; Bk L,-, Bk R, (W Slip To Bjo) Trn Sd & Fwd L, Fwd R To Bjo DLW;
8 Fwd L,-, Trn LF Sd R, Draw L To CP DLC;
- 9-12 TELEMARK TO BJO; NATURAL TELEMARK; TELEMARK TO SEMI; NAT. TURN A 1/2;**
9 Fwd L Leading W To CP Trn LF,-, Fwd & Sd R Cont Trn (W Heel Turn), Fwd & Sd L Contra BJO DLW;
10 Fwd R Start RF Trn,-, Sd L, Cont Trn Sd & Fwd R To Scar DLC (W Bk L Start LF Trn,-, Cl R To L [Heel Trn], Cont RF Trn Sd & Bk L);
11 Fwd L,-, Trn LF Sd R, (W Heel Turn) Cont Trn Sd & Fwd L To SCP DLW;
12 Thru R,-, Trn RF To CP Sd L, Bk R To CP;
- 13-16 IMPETUS TO SEMI; PROMENADE WEAVE;; CHANGE OF DIRECTION;**
13 Bk L,-, Trn RF Cl R For Heel Turn, Fwd L DLC;
14-15 Fwd R,-, Fwd L Trng LF DLC, Sd & Bk R To Bjo; Bk L, Bk R Comm LF Trn, Sd L, Fwd R To BJO DLW;
16 Repeat Meas 8 Of Part B;

PART C

- 1-4 3 FALLAWAYS;;; SLIP & CHASSE TO BJO;**
1-3 Fwd L Trng LF,-, Sd R, XLIB To SCP; Bk R Trng LF To CP,-, Sd & Fwd L, Cross R Well In Behind L To RSCP; Fwd L Trn LF,-, Sd R, XLIB To SCP;
4 Trn LF Slip R Past L (Toe In),-, Cont L Trn ¼ To CP Fcg Wall Sd L/Cl R, Sd L To CBMP DLW; (W Trng LF Slip L To CP,-, Sd R/Cl L, Sd R To CBMP DLW);
- 5-8 CURVED FEATHER; BACK FEATHER; FEATHER FINISH; CHANGE OF DIRECTION;**
5 Fwd R Comm To Trn RF,-, Sd & Fwd L Cont RF Trn, Cont RF Trn Fwd R Ckg Outside W DRW; (W Bk L Well Under Body,-, Bk R, Bk L);
6 Bk L,-, Bk R With Right Side Lead, Bk L To CBMP RLOD;
7 Bk R,-, Trn LF Sd & Fwd L, Fwd R To CBMP DLW;
8 Repeat Meas 8 Of Part B;
- 9-12 3 FALLAWAYS;;; FEATHER FINISH;**
9-11 Repeat Meas 1-3 Of Part C;;;
12 Repeat Meas 7 Of Part C;
13 Repeat Meas 8 Of Part B;
- 13-16 REVERSE TURN A ½; HOVER CORTE; BACK WHISK; FEATHER;**
13 Fwd L,-, Trn LF Sd R, (W Heel Turn) Bk L;
14 Bk R Start LF Trn,-, Sd & Fwd L With Hovering Action Cont Body Trn, Rec R CBMP DLW;
15 Bk L,-, Bk & Sd R To CP, XLIB Of R To SCP DLW;
16 Repeat Meas 8 Of Part A;

REPEAT C

PART B “MODIFIED” 1-15 [To.... PROMENADE WEAVE;;]

END 1 FORWARD TO A RIGHT LUNGE;

- 1 Fwd L,-, Sd & Fwd R Relax Right Knee Into A Right Lunge;