

LADY LAY DOWN

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MUSIC: "LADY LAY DOWN" by John Conlee Available at WalMart.com for .88 cents
PHASE: WALTZ V + 1 (Ck Rev Slip)
FOOTWORK: Opposite except as shown in parentheses
SEQUENCE: INTRO A B A B(Modified) B END

INTRO

01-04 CP DLW WAIT;; CL HOVER; BOX FINISH;

01-02 in CP DLW wait 2 meas;;
03 fwd L, fwd R w/rising hover action, rec L;
04 bk R trng LF, sd L, cl R end DLC;

PART A

01-04 CK REV SLIP; HALF NAT; TIPPLE CHASSE PIVOT; SPIN TURN;

01 fwd L, fwd R on toe trng LF w/R sd stretch checking fwd motion w/no stretch but swaying to R, trng RF rec bk on L cont turn to fc DLW (W bk R, cl L to R rise to toes trng LF checking bk motion, trng RF slip R fwd to CP cont RF turn);
02 comm RF trn fwd R, sd L across LOD, bk R remaining in CP entirely (W comm RF trn bk L, cl R [heel turn] cont trn, fwd L);
03 comm RF trn bk L trng fc COH, sd R/cl L, cont RF trn sd & fwd R spinning to CP RLOD;
04 cont RF trn bk L pivoting _ to fc LOD, fwd R, rec sd & bk L (W cont RF trn fwd between M's ft pivoting 1/2, bk L toe cont trn brush R to L, sd & fwd R);

05-08 BOX FINISH; DBL REV; SLOW CONTRA CK; SLOW REC BRUSH SCP;

05 repeat meas 04 INTRO;
06 fwd L comm to trn L, sd R 3/8 trn, spin LF on ball of R bring L ft und body besd R no wgt (W bk R comm LF trn, cl L to R [heel trn] bk R cont LF trn, xLifR) end CP/WALL;
07 with R sd lead slow ck fwd L, -, -;
08 rec R trng LF, brush L to R, sd & fwd L to SCP DLW;

09-12 CHASSE SCP 2X;; THRU SD BEH; ROLL 3 SCP;

09-10 thru R, fwd L/cl R, fwd L; repeat meas 09 PART A;
11 blending to BFLY pos thru R, sd & fwd L, xRibL;
12 trng LF (W RF) roll L, R, L blending to SCP;

13-17 OPEN NAT; OUTSIDE SPIN; BK/CHASSE SCP; CHAIR & SLIP; CHG OF DIR;

13 comm RF trn thru R, sd L, cont slight RF trn to lead ptr outsd bk R to CBJO;
14 comm body trn to R toeing in with R sd lead bk L, fwd R heel to toe cont to trn R, cont trn sd & bk L to end CP (W comm body trn to R fwd R outsd ptr heel toe, close L to R, cont to trn fwd R between M's ft to CP);
15 bk R trng LF to fc WALL, sd L/cl R, trng slightly LF fwd L to SCP;
16 ck thru R, rec L [no rise]. w/slight LF trn slip R beh L cont trn (W swivel LF on R step fwd L outsd M's R ft) end CP;
17 fwd L, fwd R w/R shldr lead & turning LF, draw L to R end CP DLC;

PART B

01-08 DIAMOND TURN;;; TL/CHASSE BJO; OP IMPETUS; WEAVE 3 BJO; HESIT CHG;

01-04 fwd L trng on the diag, cont L trn sd R, bk L to BJO; trng LF step bk R, sd L, fwd R; step fwd L trng on the diag, sd R, bk L; bk R cont trn, sd L fwd R to BJO/DLC;
05 fwd L trng LF to fc COH, sd R/cl L trng slight LF, bk R to CBJO;
06 comm RF trn bk L, cl R [heel trn] cont trn, fwd L (W comm RF trn fwd R, pivoting _ RF sd & fwd L cont trn around M brushing R to L, fwd R) end SCP DLW;
07 fwd R, fwd L trng LF to CP, sd & bk R;
08 comm RF trn bk L, sd R cont trn, draw L to R ending CP/DLC;

09-12 OP TELEMAR; NAT HOVER FALLAWAY; BK BK/LK BK; SLIP PIVOT;

09 fwd L to CP comm LF trn, sd R cont trn, sd & fwd L (W bk R comm LF trn, -, cl L to R for heel trn, sd & fwd R) to SCP DL W;
10 in SCP thru out fwd R w/slight trn to R, fwd L on toe trng R with slow rise, rec bk R end SCP;
11 bk L, bk R/lk LifR, bk R;
12 bk L, w/slipping action bk R trng LF, fwd L (W bk R start LF pivot on ball of ft, fwd L cont LF trn placing L ft near M's R ft, bk R);

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13-18 FWD WALTZ; OPEN REV; HOVER CORTE; OUTSD SWIVEL; PICKUP; CHG OF DIR;

- 13 fwd R, L, R;
- 14 fwd L trng LF, cont trn sd R, bk L end CBJO;
- 15 bk R start LF trn, sd & fwd L w/hovering action, rec bk R end CBJO;
- 16 bk L, xRifL w/no weight, (W fwd R, swivel RF on ball of R ft) end SCP,-;
- 17 fwd R picking W up to CP LOD, sd L, cl R;
- 18 repeat meas 17 PART A;

>>>REPEAT A

PART B (Modified)

01-08 DIAMOND TURN;;; TL/CHASSE BJO; OP IMPETUS; WEAVE 3 BJO; HESIT CHG;

01-08 repeat meas 01-08 PART B;,,,,,,;

09-12 OP TELEMAR; NAT HOVER FALLAWAY; BK BK/LK BK; SLIP PIVOT;

09-12 repeat meas 09-12 PART B;,,,,;

13-14 FWD WALTZ; CHG OF DIR;

13-14 repeat meas 13 PART B; repeat meas 17 PART A;

>>>REPEAT B

END

01-02 OVERSWAY to a RIGHT LUNGE & HOLD;;

01-02 sd L relaxing L knee & keeping R leg extended & stretching L sd to look LOD, -, -;
sd & fwd R keeping L sd in towards ptr & slight body trn to L looking to R over W's head (W sd
& bk L keeping R sd to ptr looking well to L), -, -;