

# Lady Lay Down Waltz

Count: 54

Wand: 2

Ebene: Improver

Choreograf/in: Jesus Pacheco (AUS) - April 2022

Musik: Lady Lay Down (Langsamer Walzer) - Ballroom Orchestra & Singers



**Intro: 12 Count - Sequence: A51c, B54c, A51c, C42c, D15c**

## **S1: (ABCD) SIDE CROSS STEPS, WHISK**

1-3 Cross Back L to L Side, R Behind L, Big Cross L Over R  
4-6 R beside L, ¼ turn L behind R, R Promenade (9:00)

## **S2: (ABCD) "V" WEAVE**

1-3 Fwd R, Fwd L ¼ turn to R, R cross behind L (12:00)  
4-6 L beside R, Cross R over L, Drag L towards R Hitch knee on air (10:30)

## **S3. (ABCD) "V" DIPS**

1-3 Cross L over R make a dip, Recover R, L beside R (D15C End)  
4-6 Cross R over L make a dip, Recover L, ½ turn long R to R (1:30)

## **S4. (ABC) RONDE COASTER TURN, SHUFFLE ROLL TO L**

1 2&3 Fwd L next to R, ½ Sweep turn to R, Coaster step R L R (7:30)  
4 5&6 Shuffle Roll to L- L R L R (9:00)

## **S5. (ABC) ¼ TURN L TO L, DRAG HITCH, TOUCH, ½ TURN TO R**

1-3 ¼ turn L to L, Drag and Hitch R (6:00)  
4-6 Touch R over L, Recover L, ½ turn R to R (12:00)

## **S6. (ABC) NATURAL SPIN TURN and L SIDE DIP**

1-3 Full Spin Turn to R- Fwd L, Pivot to R, Back L to L Side  
4-6 Step back R, L to L side, with weight of body on L rotate shoulder ¼ to L

## **S7. (ABC) R SIDE DIP and FULL SIDE SPIN TURN TO L**

1-3 Recover L, with weight on R rotate shoulder ¼ to R  
4-6 Full Side Spin Turn to L- L R L (C42C Restart)

## **S8. (AB) HESITATION CHANGE**

1-3 Fwd R, Fwd L, ½ turn to R R together L (6:00)  
4-6 Step back L, R to R side, L beside R

## **S9. (AB) BASIC, FWD DIP**

1-3 Step Fwd R, L to L side, R beside L (A51C Restart)  
4-6 Step Fwd L make a dip, Recover R, Step back L to L side (B54C Restart)

**NOTE: R Stands for RF and L Stands for LF (Right or Left Foot). Otherwise, L Side or R Side and L or R Hip Bumps are different.**

**Stay Fit, Keep on Groovin' and Live a Healthier Life. Enjoy guys, CHEERS!!!  
Best regards, Jesus Pacheco – Sydney Australia. Email: jnp4us@gmail.com**