

Lady Lay Down Waltz

拍数: 54 墙数: 2 级数: Improver
编舞者: Jesus Pacheco (AUS) - April 2022
音乐: 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