

# Lady Lay Down Waltz

拍數: 54      牆數: 2      級數: Improver  
編舞者: Jesus Pacheco (AUS) - April 2022  
音樂: 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](mailto:jnp4us@gmail.com)