

Lady Lay Down

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Music:	CD: Dancelife DBCD2021 "Dancelife - Music Takes Control Standard 1" (www.casa-musica.de) Track: #4 "Lady Lay Down" · Artist: Dancelife · Time: 03:24		
Rhythm:	Waltz (29mpm) · Phase IV+1 (Nat hvr X)		
Footwork:	Opposite unless noted, instructions for man (<i>for woman in parentheses</i>)		
Sequence:	Intro – A B – Intld – A B₂ B₂ B₃ – End		

Introduction

<u>1-4</u>	<u>Wait;; Roll 3; Chair & slip;</u>
1-2	-- [LOFP WALL] {Wait} --; --;
3	123 [LOFP WALL] {Roll 3} Roll LF (<i>W: RF</i>) L, R, L;
4	123 [SCP LOD] {Chr & slp} Ck thru R, rec L no rise, slp R bk bhd L ft to DLC (<i>W: swvlg LF fwd L outsd M's R ft</i>);

Part A

<u>1-5</u>	<u>2 left turns;; Hover; Weave to BJO;;</u>
1-2	123 [CP DLC] {2 L trns} Fwd L comm trng LF, sd R cont trng to RLOD, cl L; Bk R cont trng LF, sd L cont trng to DLW, cl R;
3	123 [CP DLW] {Hvr} Fwd L, sd & fwd R w rise (<i>W: brush R to L</i>), rec L;
4-5	123 [SCP DLC] {Wev BJO} Thru R, fwd L comm trng LF to CP COH (<i>W: trng in frnt of M</i>), sd & bk R cont trng to BJO RLOD; Bk L cont trng to DRW (<i>W: outsd M</i>), bk R cont trng to CP WALL, sd & fwd L cont trng;
<u>6-8</u>	<u>Underturned manv side close; Outside change to SCP; Thru side close;</u>
6	123 [BJO DLW] {Undtrnd manv sd cl} Fwd R outsd W comm trng RF, sd L cont trng to DRW, cl R;
7	123 [CP RLOD] {Outsd chg SCP} Bk L, bk R trng LF to WALL, sd & fwd L to SCP (<i>W: sd & fwd R</i>);
8	123 [SCP LOD] {Thru sd cl} Thru R trng RF to fc ptr, sd L, cl R;
<u>9-12</u>	<u>Whisk; Wing; Cross hover to BJO; Cross hover to SCAR;</u>
9	123 [CP DLW] {Wsk} Fwd L, sd & fwd R w rise, Xib L;
10	1-- [SCP DLW] {Wing} Thru R, drw L to R, tch L to R trng uppr bdy to L; (<i>W: Thru L comm trng LF arnd M, fwd R cont trng, fwd L outsd M cont trng</i>);
11	123 [SCAR DLW] {X hvr BJO} Xif L, sd R w rise trng LF (<i>W: brush R to L</i>), rec L;
12	123 [BJO DLC] {X hvr SCAR} Xif R, sd L w rise trng RF (<i>W: brush L to R</i>), rec R;
<u>13-16</u>	<u>Cross hover to SCP; Chasse to BJO; Forward fwd lk fwd; Manv side close;</u>
13	123 [SCAR DLW] {X hvr SCP} Xif L, sd R w rise trng RF (<i>W: brush R to L</i>), rec L;
14	12&3 [SCP DLW] {Chasse BJO} Thru R to fc, sd L/ cl R, sd & fwd L;
15	12&3 [BJO DLW] {Fwd fwd lk fwd} Fwd R outsd W, fwd L/ lk ib R, fwd L;
16	123 [BJO DLW] {Manv sd cl} Fwd R outsd W comm trng RF, sd L cont trng to RLOD, cl R;
<u>17</u>	<u>Hesitation change;</u>
17	12-- [CP RLOD] {Hes chg} Bk L comm trng RF, sd R cont trng to DLC, drw L to R;

Part B

<u>1-4</u>	<u>Open telemark; Natural hover cross to RLOD checking;; Back bk lk bk;</u>
1	123 [CP DLC] {Op tel} Fwd L comm trng LF, sd R arnd W cont trng to DLW (<i>W: cl L cont trng on heel</i>), sd & fwd L;
2-3	123 [SCP DLW] {Nat hvr X to RLOD ckg} Fwd R comm trng RF, sd L arnd W cont trng (<i>W: cl R trng on ball of ft</i>), sd & fwd R cont trng to SCAR DLC; Ck fwd L outsd W, rec R comm trng LF/ sd L cont trng to RLOD, ck fwd R outsd W;
4	12&3 [BJO RLOD] {Bk bk lk bk} Bk L, bk R/ lk if L, bk R;

<u>5-8</u>		<u>Open impetus; In & out runs;; Pickup side close;</u>
5	123	[BJO RLOD] {Op imp} Bk L comm pvtg RF (<i>W: outsd M</i>), cl R cont trng on heel to DLW (<i>W: sd L arnd M cont trng/ brush R to L</i>), sd & fwd L;
6-7	123	[SCP DLW] {In & out runs} Thru R comm trng RF, sd L cont trng to BJO RLOD, bk R; (<i>W: Thru L, fwd R inln M, fwd L outsd M;</i>) Bk L comm trng RF (<i>W: outsd M</i>), sd & fwd R cont trng to DLC (<i>W: sd L arnd M cont trng/ brush R to L</i>), fwd L;
8	123	[SCP DLC] {Pkup sd cl} Thru R (<i>W: trng LF in frnt of M</i>), sd L, cl R;
<u>9-12</u>		<u>Open telemark; Natural hover fallaway; Slip pivot; Maneuver side close;</u>
9	123	[CP DLC] {Op tel} Rpt Part B meas 1;
10	123	[SCP DLW] {Nat hvr falwy} Fwd R comm trng RF, fwd L w rise cont trng to DRW, bk R; (<i>W: Fwd L, fwd R w rise trng RF to DRW, bk L;</i>)
11	123	[SCP DRW] {Slp pvt} Bk L, bk R pvtg LF to DLW, fwd L; (<i>W: Bk R, swvlg LF fwd L outsd M's R ft, bk R;</i>)
12	123	[BJO DLW] {Manv sd cl} Rpt Part A meas 16;
<u>13-14</u>		<u>Overspin turn; Box finish;</u>
13	123	[CP RLOD] {Ovrspn trn} Bk L comm pvtg RF to LOD, fwd R inln W cont trng to RLOD w rise leavg L leg bk (<i>W: brush R to L</i>), rec sd & bk L;
14	123	[CP RLOD] {Box fin} Bk R comm trng LF, sd L cont trng to WALL, cl R;

Interlude

<u>1-4</u>		<u>Sway left & right; Roll 3; Chair & slip;</u>
1	1—	[CP WALL] {Swy L} Sd L stretchg L sd, chg swy stretchg R sd, —;
2	1—	[CP WALL] {Swy R} Sd R stretchg R sd, chg swy stretchg L sd, —;
3	123	[LOFP WALL] {Roll 3} Rpt Intro meas 3;
4	123	[SCP LOD] {Chr & slp} Rpt Intro meas 4;

Part B₂

<u>1-4</u>		<u>Open telemark; Natural hover cross to RLOD checking;; Back bk lk bk;</u>
1	123	[CP DLC] {Op tel} Rpt Part B meas 1;
2-3	123	[SCP DLW] {Nat hvr X to RLOD ckg} Rpt Part B meas 2-3;;
	12&3	
4	12&3	[BJO RLOD] {Bk bk lk bk} Rpt Part B meas 4;
<u>5-8</u>		<u>Open impetus; In & out runs;; Pickup side close;</u>
5	123	[BJO RLOD] {Op imp} Rpt Part B meas 5;
6-7	123	[SCP DLW] {In & out runs} Rpt Part B meas 6-7;
	123	
8	123	[SCP DLC] {Pkup sd cl} Rpt Part B meas 8;
<u>9-12</u>		<u>Open telemark; Natural hover fallaway; Slip pivot; Maneuver side close;</u>
9	123	[CP DLC] {Op tel} Rpt Part B meas 1;
10	123	[SCP DLW] {Nat hvr falwy} Rpt Part B meas 10;
11	123	[SCP DRW] {Slp pvt} Rpt Part B meas 11;
12	123	[BJO DLW] {Manv sd cl} Rpt Part A meas 16;
<u>13-14</u>		<u>Spin turn; Box finish;</u>
13	123	[CP RLOD] {Spn trn} Bk L comm pvtg RF to LOD, fwd R inln W cont trng to DLW w rise leavg L leg bk (<i>W: brush R to L</i>), rec sd & bk L;
14	123	[CP DLW] {Box fin} Bk R comm trng LF, sd L cont trng to DLC, cl R;

Part B₃

<u>1-4</u>		<u>Open telemark; Natural hover cross to RLOD checking;; Back bk lk bk;</u>
1	123	[CP DLC] {Op tel} Rpt Part B meas 1;
2-3	123	[SCP DLW] {Nat hvr X to RLOD ckg} Rpt Part B meas 2-3;;
	12&3	
4	12&3	[BJO RLOD] {Bk bk lk bk} Rpt Part B meas 4;

5-8**Open impetus; In & out runs;; Pickup side close;**

5 123 [BJO RLOD] {Op imp} Rpt Part B meas 5;
 6-7 123 [SCP DLW] {In & out runs} Rpt Part B meas 6-7;
 123
 8 123 [SCP DLC] {Pkup sd cl} Rpt Part B meas 8;

9-12**Open telemark; Natural hover fallaway; Slip pivot; Face side close;**

9 123 [CP DLC] {Op tel} Rpt Part B meas 1;
 10 123 [SCP DLW] {Nat hvr falwy} Rpt Part B meas 10;
 11 123 [SCP DRW] {Slp pvt} Rpt Part B meas 11;
 12 123 [BJO DLW] {Fc sd cl} Fwd R trng RF to fc WALL, sd L, cl R;

Ending**1****Side to oversway;**

1 1— — [CP WALL] {Sd to ovrswy} Sd L stretchg L sd relaxg L knee, rotate R hip fwd lookg to R (W: lookg to L), —;

Lady Lay Down

Waltz (29mpm) · Phase IV+1 (Nat hvr X) by Jürgen Müller & Lana Haas

Sequ: Intro – A B – Intld – A B B₂ B₃ – End

Intro	(LOFP WALL) —;; Roll 3; Chr & slp;	Part B₂	(CP DLC) Op tel; Nat hvr X;; (RLOD ckg) Bk bk lk bk; Op imp; In & out runs;; Pkup sd cl; Op tel; Nat hvr fallaway; Slp pvt; Manv sd cl; Spn trn; Box fin;
Part A	(CP DLC) 2 L trns;; Hvr; Wev 6 BJO;; (Undrtrnd) Manv sd cl; Outsd chg SCP; Thru sd cl; Wsk; Wing; X hvr BJO; X hvr SCAR; X hvr SCP; Chasse BJO; Fwd fwd lk fwd; Manv sd cl; Hes chg;	Part B₃	(CP DLC) Op tel; Nat hvr X;; (RLOD ckg) Bk bk lk bk; Op imp; In & out runs;; Pkup sd cl; Op tel; Nat hvr fallaway; Slp pvt; Fc sd cl;
Part B	(CP DLC) Op tel; Nat hvr X;; (RLOD ckg) Bk bk lk bk; Op imp; In & out runs;; Pkup sd cl; Op tel; Nat hvr fallaway; Slp pvt; Manv sd cl; Ovrspn trn; Box fin;	End	(CP WALL) Sd to ovrswy;
Intld	(CP WALL) Swy L&R;; Roll 3; Chr & slp;		
Part A	(CP DLC) 2 L trns;; Hvr; Wev 6 BJO;; (Undrtrnd) Manv sd cl; Outsd chg SCP; Thru sd cl; Wsk; Wing; X hvr BJO; X hvr SCAR; X hvr SCP; Chasse BJO; Fwd fwd lk fwd; Manv sd cl; Hes chg;		
Part B₂	(CP DLC) Op tel; Nat hvr X;; (RLOD ckg) Bk bk lk bk; Op imp; In & out runs;; Pkup sd cl; Op tel; Nat hvr fallaway; Slp pvt; Manv sd cl; Spn trn; Box fin;		