

Official WCDF competition dance description 2008

Lady Lay Down

Petra Van de Velde (BE)

Type : ABC dance, Rise and Fall (waltz)
 Sequence : A-A-A* -B-C-A-A-A* -B-B-B
 Level : Jewel/Regal
 Music : "Lady Lay Down" by John Conlee

Intro (facing 6.00): countdown starts with 1-2-3 dancers start on 4-5-6 with the following steps:

4 RF Step forward
 5-6 LF ½ turn R with sweep from back to front (12.00)

PART A

TWINKLE, TWINKLE WITH FULL TRIPPLE TURN, SWEEP

1 LF Step diagonal forward (1:30)
 2 RF Step diagonal forward (1:30)
 3 LF Step diagonal forward (10:30)
 4 RF Step diagonal forward
 5 LF 3/8 turn R, step back
 & RF ½ turn R, step forward
 6 LF ¼ turn R, step next to RF
 & RF Start sweep from front to back

BEHIND, SIDE, SIDE, BEHIND, SIDE, SIDE

1 RF Step behind LF
 2 LF Step side
 3 RF Step side
 4 LF Step behind RF
 5 RF Step side
 6 LF Step side

CROSS BEHIND, CHASSE ¼ TURN LEFT, LIFT, ½ TURN

1 RF Cross behind LF
 2 LF Step side
 & RF Step next to LF
 3 LF ¼ turn L, step forward (9.00)
 4 RF Lift
 5-6 RF ½ turn right, cross in front of LF while turning (3.00)

¼ TURN RIGHT, SIDE STEP, CROSS BEHIND, ¼ TURN LEFT, SWEEP 1/2 TURN LEFT, STEP, SWEEP ¾ TURN RIGHT

1 RF 1/4 turn R, step forward (6.00)
 & LF Step side
 2 RF Cross behind LF
 3 LF ¼ turn L, step forward, start to sweep with RF
 & 1/2 turn L
 4 RF Step forward,
 5-6 Sweep ¾ turn R (6.00)

A* FULL TURN FORWARD

1 LF Step forward
 2 RF ½ turn L, step back
 3 LF ½ turn L, step forward (12.00)

PART B

TWINKLE ½ TURN R, CHECK ACROSS, RECOVER, POSE SLIDING DOWN AND UP

1 RF Step diagonal forward (10.30)
 2 LF Step side
 & ½ turn R
 3 RF Step side (facing 6.00)
 4 LF Check across RF
 5 RF Recover weight
 6 LF Step diagonally side (facing 4.30)

1-4 Slide RF diagonal backwards while going down
 5-6 Slide RF next to LF while going up

TWINKLE ½ TURN R, CHECK ACROSS, RECOVER, POSE REACHING OUT

1 RF Step diagonal forward (towards 4.30)
 2 LF Step side
 & ½ turn R
 3 RF Step side (facing 12.00)
 4 LF Check across RF
 5 RF Recover
 6 RF Step diagonally side (body facing 10.30)

1-3 Reach out
 4-6 Arms around body while collecting RF next to LF and turning ¼ R (facing 1.30)

CROSS STEPS SIDE, SWEEP ½ TURN R,

1 LF Cross over RF (facing 12.00)
 & RF Step side
 2 LF Cross behind RF
 3 RF Step side
 4 LF Cross over RF
 & RF Step side
 5 LF Cross behind RF
 6 RF ¼ turn R, step forward
 & LF ½ turn R while sweeping from back to front

STEP, TURN L, STEP, TURN R, STEP, PIROUETT 1 ¼ TURN L, SLIDE

1 LF Step forward (9.00)
 2 RF ½ turn L, step back
 3 LF ½ turn L, step forward
 4 RF Step forward
 5 LF ½ turn R, step backward
 6 RF ½ turn R, step forward

1 LF Step forward
 2-3 Pirouette 1 ¼ turn L
 4-5-6 RF Touch toe side and slide down and up, RF take weight on count 6 (12.00)
 ! No weight change if part B follows

Attention!!! On video you will miss ½ turn.

PART C

STEP, SWEEP, CROSS OVER, CHASSE, CROSS BEHIND, SWEEP, CROSS BEHIND, CHASSE

1 LF Step forward
 2-3 RF Sweep from back to front
 4 RF Cross over LF
 5 LF Step side
 & RF Step next to LF
 6 LF Step side

1 RF Cross behind LF
 2-3 LF Sweep from front to back
 4 LF Cross behind RF
 5 RF Step side
 & LF Step next to RF
 6 RF Step side