



Lady Lay Down

Choreographers	Akira & Sachiko Higashi (RD Apple) Tokyo, JAPAN	Release: 2024 October
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Music	Lady Lay Down	Speed: As recorded
You Tube music	https://www.youtube.com/watch?v=AQRZnDErdtI	Footwork: Opposite Unless Noted
Rhythm & Phase	Waltz, Ph3+1(Develope)	Revised Version1
Sequence	Intro, A, B, Interlude, A, Bmod, Bmod, End	Last Revised 2025-07-17

INTRO

1-4 WAIT ; CHK FWD W DEVELOPE; BACK HOVER SCP LOD; THRU CHASSE

BJO:

- {Wait 1 Meas} BFLY BJO WALL Trl Ft Free Wt 1 Meas;
- {Chk Fwd W Develope} Fwd R outsd ptr checking, hold shaping body to R, - (W bk L, bring L ft up to inside of Right knee shaping body to R, extend R ft fwd);
- {Bk Hvr SCP} Bk L, sd & bk rise R, rec L (W fwd R, sd & fwd L rise brush R, rec R) SCP/LOD;
- {Thru Chasse BJO} In SCP thru R sd L/cl R, sd L (thru trn L sd R/cl L, sd R) to BJO/DW;

PART A

1-4 MANUV; SPIN TURN; BOX FINISH; 1 LEFT TURN;

- {Manuv} Fwd turn RF 1/2 R, turn sd L, cl R;
- {Spin Trn} Bk pvt RF 1/2 L, fwd rise R, sd & bk L (fwd R pvt RF turn 1/2, bk L rise brush R to L, sd & fwd R);
- {Box Finish DC} Bk turn R, sd L, cl R fc DC;
- {1 Left Trn} In Cp - trng LF fwd trn L, sd trn R, cl L fc RLOD;

5-8 BACK HOVER BJO; BACK BACK LOCK BACK; BACK HOVER SCP; WING SIDE CAR;

- {Bk Hvr BJO} In Cp bk R LF trn, sd & fwd L rise, rec R (W fwd L, sd & fwd R trn rise brush L to R, rec L) Bjo/RLOD;
- {Bk Bk Lk Bk} in Bjo - bk L, bk R/lk L, bk R;
- {Bk Hvr SCP} Repeat measure 3 of INTRO;
- {Wing SCAR} Fwd R, draw L, tch L (fwd L, fwd LF trn R, fwd LF trn L) tight SCAR LOD;

9-12 CROSS HOVER X3~ BJO;;; FORWARD FACE CLOSE;

- {X hvr x3} XLIF, sd & fwd Rise R, fwd & sd L; XRIF, sd & fwd L, fwd & sd R; XLIF, sd & fwd Rise R, fwd & sd L to BJO/LOD;
- {Fwd Fc Cl} Fwd turning RF 1/8 R, sd L, cl R to fc WALL;

13-17 LEFT TURNING BOX;;; CANTER BFLY;

- {L Trng Box} Fwd trn L, sd R, cl L; bk trn R, sd L, cl R; fwd trn L, sd R, cl L; bk trn R, sd L, cl R to end in Cp WALL;
- {Canter BFLY} Sd L, draw R, cl L BFLY/WALL;

PART B

1-4 STEP SWING; CROSS WRAP FACE RLOD; BACK POINT; FORWARD POINT;

- {Step Swing} IN BFLY/WALL sd & fwd L, swing R fwd,-;
- {X Wrp} lowering trail hands keeping around W fwd RF trn R, sd & fwd turn RF L, cl R (W sd & fwd L LF trn, imp R, L) WRPPD POS / RLOD;
- {Bk Pt} Bk L,pt bk R,- ;

- 4 {Fwd Pt} Fwd R, pt fwd L,-;
5-8 BACK FACE CLOSE LADY UNWRAP (BFLY COH); WALTZ AWAY & TOGETHER;; CHANGE SIDES LEFT OPEN RLOD;
- 5 {Bk Fc Cl W Unwrp BFLY COH} Bk turn L, sd R, cl L (W bk RF turn R, fwd L RF turn, cl R) BFLY/COH;
 6-7 {Wz Away & Tog} Fwd trn R, sd & fwd L, cl R; Fwd trn L, sd & fwd R, cl L;
 8 {Chg Sds LOP/RLOD} Jnd Id hnds up & leading W trng LF undrm X fwd R RF trn, fwd RF trn L,cl R (W jnd Id hnds turning LF undrm cross fwd LF trn L, fwd trn R, cl L) to LOP/ RLOD;
9-14 THRU TWINKLE; THRU FACE CLOSE; TWIRL VINE 3 TO OPEN LOD; THRU FACE CLOSE; APART POINT; TOGETHER TOUCH CP;
- 9 {Thru Twkl} Thru LF trn L, sd trn R, cl L Op/LOD;
 10 {Thru Fc Cl} Thru R trn RF, sd fc L, cl R BFLY/WALL;
 11 {Twirl Vine 3 Op/LOD} Sd L, XRIB, sd L (W fwd RF trn R, bk trn L, sd R);
 12 {Thru Fc Cl} Thru R, fc pnr sd L, cl R BFLY/WALL;
 13-14 {Apt Pt Tog Tch CP} Bk L, -, point R; Rec R, -, tch L end in CP WALL;

INTERLUDE

1-4 INTERRUPTED BOX~~CHASSE ENDING BJO;;;:

- 1-4 {Interpret Box} In CP/WALL fwd L, sd R, cl L; bk R w/ slight RFupper bdy rotation and raising Id hnds, sd L Idng W to begin crvng RF under jnd Id hnds, cl R; fwd L, sd R, cl L to CP; bk R, sd L/cl R sd L (W bk R, sd L, cl R; Fwd L w/slight RF upper bdy rotation, crv fwd R commcng full RF circ under jnd Id hnds, crv fwd L; crv fwd R, crv fwd L, crv fwd R completing full rf circ to CP; Fwd L, sd R/cl L, sd R) to BJO WALL;

PART A

PART B Mod

1-12 STEP SWING; CROSS WRAP; BACK TOUCH; FORWARD TOUCH; BACK FACE CLOSE LADY UNWRAP (FACE COH); WALTZ AWAY & TOGETHER;; CHANGE SIDES LEFT OPEN RLOD; THRU TWINKLE; THRU FACE CLOSE; TWIRL VINE 3 OPEN LOD; THRU FACE CLOSE;

- 1-12 Repeat measure 1-12 of Part B;,,,,,,,,,,,,,

13-14 SWAY LEFT & RIGHT;;

- 13-14 {Sway L & R} Sd L stretching the left sd of the body , -, -; sd R stretching the right sd of the body , -, -;

PART B MOD

ENDING

1-4 WALTZ AWAY & TOGETHER;; SWAY LEFT & RIGHT;;

- 1-2 {Wz Away & Tog} Repeat measure 6-7 of Part B;;
 3-4 {Sway L & R} Repeat measure 13-14 of Part B Modify;;
5-8 WALTZ AWAY & TOGETHER TO BFLY;; CANTER TOWICE;;
 5-6 {Wz Away & Tog} Repeat measure 6-7 of Part B;;
 7-8 {Canter x2} Sd L, draw R, cl R; sd L, draw R, cl R;

9-14 BK AWAY 3 & TOG 3 TO TAMARA;; WHEEL 6 LADY TURN TO FC WALL;; LUNGE APART; LOOK PARTNER;

- 9-10 {Bk Away & Tog To TAMARA} Bk L, bk R, cl L; fwd R, fwd L, cl R to TAMARA pos;
 11-12 {Wheel 6 W Trn To BFLY} Comm RF turn fwd L, fwd R, cl L; fwd R, fwd L, cl R (W RF turn fwd R, fwd L, cl R; fwd L trn LF, bk R trn fc pnr, cl L) BFLY WALL;
 13-14 {Lun Apt ;Look ptr} Lun apt L w/ Id arm sweeping and looking at fingertips , -, -;;hold -, -, - looking at ptrn;

LADY LAY DOWN HEAD CUES

Waltz Ph3+1

CHOREO: Higashi

INTRO

BFLY BJO WALL Trl Ft Free Wt 1 Meas; Chk Fwd W Develope; Bk Hvr SCP LOD; Thru Chasse Bjo;

PART A

Manuv; Spin Trn; Box Finish; 1 Left Trn; Bk Hvr Bjo; Bk Bk Lk Bk; Bk Hvr SCP; Wing SCAR; X Hvr x3 ~ Bjo;;; Fwd Fc Cl; L Trning Box;;; Canter Bfly;

PART B

Step Swing; X Wrp fc RLOD; Bk Pt; Fwd Pt; Bk Fc Cl W Unwrap (BFLY COH); Wz Away & Tog;; Chg Sds LOP/RLOD; Thru Twkl;
Thru Fc Cl; Twirl Vine 3 OP/LOD; Thru Fc Cl; Apt Pt; Tog Tch Cp;

INTLD

Intrpd Box ~~ Chasse Ending Bjo;;;;

PART A

Manuv; Spin Trn; Box Finish; 1 Left Trn; Bk Hvr Bjo; Bk Bk Lk Bk; Bk Hvr SCP; Wing SCAR; X Hvr x3~ Bjo;;; Fwd Fc Cl; L/Trning Box;;; Canter Bfly;

PART B Mod

Step Swing; X Wrp fc RLOD; Bk Pt; Fwd Pt; Bk Fc Cl W Unwrap (BFLY COH); Wz Away & Tog;; Chg Sds LOP/RLOD; Thru Twkl; Thru Fc Cl; Twirl Vine 3 OP/LOD; Thru Fc Cl;
(mod) Sway L & R;;

PART B Mod

Step Swing; X Wrp fc RLOD; Bk Pt; Fwd Pt; Bk Fc Cl W Unwrap (BFLY COH); Wz Away & Tog;; Chg Sds LOP/RLOD; Thru Twkl; Thru Fc Cl; Twirl Vine 3 OP/LOD; Thru Fc Cl;
(mod) Sway L & R;;

END

Wz Away & Tog;; Sway L & R;; Wz Away & Tog Bfly;; Canter x2;;
Bk Away 3 & Tog 3 To Tamara;; Wheel 6 W Trn Fc WALL;; Lun Apt; Look Ptr;