

APPALACHIAN LULLABYE

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MUSIC: "Appalachian Lullabye" CD: Casa Musica The Best of Ballroom Music Volume 22 - Track #2
SEQUENCE: Intro, A, B, C, A, Bridge, B (1-11), Ending **WEB SITE:** www.stardustdancecenter.com
E-MAIL: cworlock@tampabay.rr.com **SPEED:** 28 MPM uncut as on CD **RELEASED:** August 2012
RHYTHM: Waltz **PHASE:** VI **FOOTWORK:** Described for M - W opposite (or as noted)

INTRO

1 - 2 WAIT; SIDE DRAW TOUCH;

- 1 - Wait 1 meas in CP DLC w/trailing foot free;
- 1-- 2 - Lower on L/sd R twd DLW, draw, touch L to R still in CP DLC;

PART A

1 - 4 DOUBLE REV OVERSPIN; OPEN FINISH; CHG OF DIR w/SWAY; TRAVELING CONTRA CHK;

- 12-& (12&3&) 1 - Fwd L comm LF trn, fwd & sd R cont LF trn, cont LF trn touch L to R completing full trn to CP DLC/small fwd L pivot 3/8 LF (bk R comm LF trn, cl L to R heel turn/cont LF trn sd & slightly bk R, XLIF of R completing full LF trn/small bk R pivot 3/8 LF) to CP RLOD;
- 2 - Bk R cont LF trn, sd & fwd L toe pointing DLW, fwd R outsd ptr to BJO DLW;
- 12- 3 - Fwd L, fwd R toe pointing LOD comm LF trn w/L sway twd DRC (head to R), cont LF trn touch L to R to CP DLC;
- 4 - Relax R knee and take a strong step fwd LOD well across body w/R side leading (head now well to L), trng RF w/slight R sway almost cl R to L then straighten legs & body, sd & slightly fwd L to SCP LOD;

5 - 8 THRU CHASSE TO BJO; NAT PREP FC CTR; SLOW SAME FOOT LUNGE; SLOW CHANGE SWAY;

- 12&3 5 - Thru R, sd & fwd L trng W/cl R to L, sd & fwd L (thru L, sd & fwd R trng LF/cl L to R, sd & bk R) to BJO DLW;
- 12- 6 - Fwd R outside ptr comm RF trn, fwd & sd L cont RF trn to fc COH, w/L sd leading touch R to L (bk L comm RF trn, cl R to L heel turn, swiveling slightly RF on R small sd & bk L in prep position head open to R looking RLOD);
- 1-- 7 - Lower on L with slight L sway/reach sd R toe pting DLC, cont to transfer all weight to R w/soft knee, stretch upward and sway R (XRIB of L well underneath body keeping wgt off heel allow M to turn your head well to L);
- 8 - Using the whole meas slowly change sway by turning body slightly RF from L hip stretching R sd to open W's head to R M's head to L;

9-12 & DOUBLE REVERSE DRC; CONTRA CHK & SWITCH DLW; STEP DOUBLE RONDE; & TWIST TURN TO SEMI DLC;

- 12- 9 - Trn LF sharply thru hip to lead W thru and fold to CP RLOD/fwd L comm LF trn, fwd & sd R cont LF trn, cont (&12&3) LF trn touch L to R (fwd L trng LF and fold to CP/bk R comm LF trn, cl L to R heel turn, cont LF trn sd & slightly bk R/XLIF of R) to CP DRC;
- 10 - Lower keeping hips up to ptr fwd L in contra body movement w/R sd leading looking toward but over W (head well to L), rec bk R trn 3/8 RF, rec bk L trn another 1/8 RF to CP DLW;
- 1-3 11 - Cont RF rotation fwd R twd WALL comm CW L leg ronde, cont RF trn on R w/L leg ronde, sd L (small fwd L around M trng RF ronde R leg CW, cont RF trn on L w/R leg ronde, XRIB of L) to CP DRC;
- 23 (&123) 12 - Lower slightly and hook RIB of L for twist trn/unwind RF, cont RF unwind rising to R toe in CP DLW, sd & fwd L (run around M fwd L/fwd R, fwd L brush R to L trng RF square to M, sd & fwd R) to SCP DLC;

13-16 THRU RIPPLE CHASSE; WEAWE 6;; MANEUVER;

- 12&3 13 - Thru R, stretch L sd to briefly look twd but over W (head to L) sd & fwd L/cl R to L, correct sway sd & fwd L still in SCP DLC;
- 14 - Thru R DLC, fwd L trng LF to CP, cont LF trn sd & bk R to CBJO DRC;
- 15 - Bk L (fwd R outside ptr), bk R blending to CP trng LF, cont LF trn sd & fwd L to BJO DLW;
- 16 - Fwd R outside ptr comm RF trn, fwd & sd L cont RF trn, cl R to L to CP RLOD;

PART B

1 - 4 PIVOT TO A HAIRPIN; BACK PASSING CHANGE; BOX FINISH; HOVER;

- 12&3 1 - Bk L pivot 1/2 RF to CP LOD, fwd R between ptr's feet cont RF trn/fwd L twd DLW, cont RF trn fwd R outside ptr (fwd R pivot 1/2 RF to CP, bk L LOD cont RF trn/bk R twd WALL, cont RF trn bk L DRW) to BJO DRW;
- 2 - Bk L, bk R w/R sd stretch to open W's head, bk L (fwd R outsd ptr) still in BJO DRW;
- 3 - Bk R comm LF trn, sd & fwd L cont LF trn, cl R to L to CP DLW;
- 4 - Fwd L, sd & slightly fwd R cont rising brush L twd R, sd & fwd L to SCP DLC;

5 - 8 QUICK OPEN REVERSE; SLIP & REVERSE PIVOT TO A; THROWAWY OVERSWAY IN 6;;

- 12&3 5 - Thru R, fwd L trng LF to CP/cont LF trn sd & bk R, bk L to BJO DRC;
6 - Trng LF on L/slip bk R to CP DLW, cont LF trn fwd L LOD, fwd & sd R cont LF trn (heel turn);
- 1-- 7 - Cont LF trn sd & fwd L LOD, using hips to trn W to CP LOD, then softening in L knee (sd & fwd R, swiveling LF to CP, allowing L foot to collect next to R foot & start to soften R knee);
- 8 - Develop the throwaway oversway by trng slightly LF and extend line over measure by bringing R sd thru to W leaving R ft bk to RLOD (keeping L toe on floor extend L ft bk towards LOD trng head well to L);

9-12 RISE & R TIPPLE CHASSE CHK; PIVOT & HOVER BRUSH TO SCP DLC; VIENNESE CROSS; RISING LOCK (LOD);

- 2&3 9 - Rise on L rotating slightly RF to lead W out of throwaway, cont RF trn sd R stretching L sd to sway R/cl L to R, cont RF trn losing sway fwd R between W's feet softening R knee to check in CP DRW;
- 10 - Bk L pivot ½ RF, fwd R between W's feet trng 1/8 RF rising and stretching R sd, sd & fwd L to SCP DLC;
- 123& 11 - Thru R, fwd L comm LF trn, fwd & sd R cont LF trn w/R sd stretch keeping W's head R/trng LF XLIF of R (cl R);
12 - Bk R LOD comm LF, cont LF trn bk & sd L, cont LF trn lk RIB of L to CP LOD;

13-16 TURN L & RIGHT CHASSE BJO; OUTSIDE CHG TO SEMI; THRU SEMI CHASSE; CHAIR & SLIP;

- 12&3 13 - Fwd L LOD comm LF trn, cont LF trn sd & bk R/cl L to R, sd & bk R to CBJO DRC;
14 - Bk L, bk R blending to CP trng LF, cont LF trn sd & fwd L to SCP DLW;
- 12&3 15 - Thru R, sd & fwd L/cl R to L, sd & fwd L still in SCP DLW;
16 - Lower in L knee lunge fwd R w/fwd poise, rec L comm LF trn rise thru body trng W square, bk R to CP DLC;

PART C**1 - 4 DOUBLE REV TO; SPLIT RONDE DLW; WALTZ FWD; R LUNGE CHALLENGE LINE & SLIP;**

- 12- 1 - Fwd L comm LF trn, fwd & sd R cont LF trn, cont LF trn touch L to R (bk R comm LF trn, cl L to R heel turn,
(12&3&) cont LF trn sd & slightly bk R/XLIF of R/small bk & sd R) to CP DLC;
- 23 2 - Lower strongly into R knee & push L fwd on floor w/1/8 LF body rotation ronde L CCW, LF XLIB of R & rise
(-2&3) rotating LF releasing R knee from ptr, cont LF trn bk slip R past L foot (XLIB of R rotating LF/cont LF trn sd R, cont LF trn slip fwd L) completing ¾ LF trn to CP DLW;
- 3 - Fwd L, sd & fwd R, cl L to R in CP DLW;
- 4 - Lower on L/lunge sd & fwd R DRW shape R sd twd W, rec sd & bk L changing shape w/L sd lead & R sd stretch to open W's head, rotate to turn LF brushing R to L bk R to CP DLC;

5 - 8 1 LEFT TURN; QK BACK TO TUMBLE TURN; QUICK LOCK SLOW LOCK; BACK CURVING 3;

- 5 - Fwd L comm LF trn, fwd & sd R cont LF trn, cl L to R to CP RLOD;
- 1&23 6 - Bk R comm LF trn/sd & bk L toe pointing almost LOD cont LF trn, fwd R LOD outsd ptr rising to toe stretching R sd & trng LF, small fwd L toe pting COH softening L knee w/slight LF swvl (fwd L comm LF trn/sd & fwd R, bk L LOD rising to toe stretching L sd & trng LF, bk R head to R w/slight LF swvl) to CP DRC;
- 1&23 7 - Swinging immediately up bk R/lk LIF of R, bk R, LIF of R (head still open to R) now in CBJO DRC;
8 - Comm LF trn bk R LOD, cont LF trn bk L twd DLC w/R sway (head now to L), cont LF trn bk R to CP DLW;

9-12 CURVING 3; TOPSPIN; BACK TO DOUBLE RISING LOCKS; CHANGE OF DIRECTION;

- 9 - Cont LF trn fwd L LOD, w/R side leading fwd R DLC cont LF trn and comm to sway L to open W's head, cont LF trn fwd L to CP DRC (head to R);
- 1&23 10 - Cont LF trn bk R/sd & bk L toe pting almost LOD cont LF trn, fwd R LOD outsd ptr comm LF spin keeping knees tog & L ft bk, bk L DLW slightly behind R to complete 3/8 LF spin (fwd L comm LF trn/sd & fwd R, bk L LOD comm LF spin keeping R ft fwd, fwd R DLW slightly in front of L to complete 3/8 LF spin) to end BJO DRC;
- 12&3& 11 - Bk R comm LF, cont LF trn bk & sd L/XRIB of L, cont LF trn fwd & sd L/XRIB of L to CP DLW;
- 12- 12 - Fwd L, fwd R toe pointing LOD comm LF trn, cont LF trn touch L to R to CP DLC;

PART A**BRIDGE****1 - 3 SPIN & TWIST TO BJO DLW;; MANEUVER;**

- 1 - Bk L pivot ½ RF, fwd R LOD cont RF trn, fwd & sd well around W (heel turn) to CP DRW;
- 23 2 - XRIB of L to fc RLOD/twist turn to R mainly on the balls of feet, to end w/weight on R in CBJO DLW, sd & fwd L
(&123) (fwd L LOD/fwd R, L around M brush R to L to CBJO DLW, sd & bk R) to CBJO DLW;
- 3 - Fwd R outside ptr comm RF trn, fwd & sd L cont RF trn, cl R to L to CP RLOD;

ENDING**1 - 5 SLOW OPEN HINGE; EXTENDING L ARMS; HOVER LADY OUT TO SEMI; IN & OUT RUN;;**

- 12- 1 - Bk R comm LF trn, cont LF trn sd & fwd L facing WALL rotate slightly LF, lower slightly to extend the line
- (123) (fwd L comm LF trn, fwd & sd R cont LF trn, XLIB of R lowering slightly & head to L);
- 2 - Cont to relax L knee & extend the line through meas w/slight sway R as you both extend L arms out to sd looking twd and over W (head now well to L);
- 23 3 - Comm to rise leading W to rec out of hinge, trng slightly RF sd R cont rising, sd & fwd L (rec R comm to
- (123) rise trng RF, sd L cont rise trng RF placing L arm around M, sd & fwd R) re-joining lead hands to SCP LOD;
- 4 - Thru R comm RF trn, fwd & sd L cont RF trn to CP RLOD, cont RF trn bk & sd to BJO DRC;
- 5 - Bk L DLW comm RF trn, cont RF trn sd & fwd R between W's feet, sd & fwd L (fwd R outsd ptr comm RF trn, fwd & sd L cont RF trn, sd & fwd R) to SCP LOD;

6 - 8 THRU SEMI CHASSE (SLIGHT PAUSE); w/ARM SWEEP CHAIR; NOW SWAY TO EXTEND ARM SIDE & LOOK;

- 12&3 6 - Thru R, sd & fwd L/cl R to L, sd & fwd L still in SCP LOD;
- 1- 7 - Slight pause releasing trailing arm from frame sweep trailing arm up lower in L knee lunge fwd R w/fwd poise, cont trailing arm sweep, to extend arm twd LOD about shoulder level;
- 8 - Staying in chair comm to pull the trailing arm thru from the elbow, cont to pull arm thru as you comm to sway R, extend arm fully sd twd RLOD to look at W (head well to L looking over arm twd RLOD);

NOTE: Timing on side of the measure is standard 123, unless noted, and refers to actual weight changes.

ABC AIB(1-10)

| | WAIT | SIDE DRAW TOUCH |
|-----|---|--|
| A | DOUBLE REVERSE OVERSPIN CHANGE OF DIRECTION WITH SWAY THRU CHASSE BJO SAME FOOT LUNGE DOUBLE REVERSE DRC DOUBLE RONDE DRC RIPPLE CHASSE ---- | OPEN FINISH TRAVELING CONTRA CHECK NATURAL TURN & PREPARATION SLOW CHANGE SWAY CONTRA CHECK & SWITCH TWIST TURN TO SCP WEAVE TO BJO MANEUVER |
| B | PIVOT TO HAIRPIN BOX FINISH QUICK OPEN REVERSE THOWAWAY OVERSWAY RIGHT TIPPLE CHASSE VIENNESE CROSS TURN LEFT & CHASSE BJO THRU CHASSE TO SCP | BACK PASSING CHANGE HOVER SLIP & REVERSE PIVOT EXTEND PIVOT & HOVER BRUSH SCP RISING LOCK OUTSIDE CHANGE SCP CHAIR & SLIP |
| C | DOUBLE REVERSE FWD WALTZ LEFT TURN QUICK LOCK SLOW LOCK CURVING 3 DOUBLE RISING LOCK | SPLIT RONDE DLW RIGHT LUNGE CHALLENGE LINE & SLIP TUMBLE TURN BACK CURVING 3 TOP SPIN CHANGE OF DIRECTION |
| I | SPIN & TWIST MANEUVER | END BJO DLW |
| END | VIENNESE CROSS EXTEND ARMS IN & OUT RUNS THRU CHASSE SCP EXTEND ARMS TO SIDE | OPEN HINGE HOVER EXIT SCP ---- CHAIR ARMS SWEEP |

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