

I'M GONNA SIT RIGHT DOWN

Bill & Carol Goss 617 Leisure World, Mesa, AZ 85206
858-822-9981 billgossjr@gmail.com
I'm Gonna Sit Right Down... CD: The Billy Mays Sessions Disc 2 Track 15
Nat King Cole Amazon Download \$.69
Foxtrot, Phase V+2 Released: 8/10/18
INTRO, A, B, A, B, A (1-8), END Speed: 42 Footwork: Opposite unless noted

INTRO

1-4 WAIT; CROSS PTS TWICE; HOVER; FEATH;

- 1-2 {**Wait**} Fc ptr & DW lead hnds joined lead ft pt sd open SCAR
Q-Q- pos; {**Cross Pts Twice**} Fwd L DW in open SCAR, trn LF & pt R
to sd fc DC, fwd R DC in open BJO, trn RF & pt L to sd fc DW;
SQQ 3-4 {**Hover**} Fwd L DW in open SCAR,-, begin RF body trn fwd R
SQQ blending to CP, fwd L in SCP DC; {**Feath**} Fwd R,-, start LF
body rotation to trn W to BJO fwd L, fwd R end DC in BJO (W
fwd L,-, trning LF sd & bk R, bk L);

PART A

1-4 REVERSE WAVE;; BK FEATH; BK 3-STEP;

SQQ 1-2 {**Reverse Wave**} Fwd L start LF body trn,-, sd R fc DRC, bk L
SQQ (W bk R,-, cl L to R heel trn, fwd R); bk R start LF trn,-, cont LF
trn bk L fc RLOD, bk R in CP;
SQQ 3-4 {**Bk Feath**} Bk L blend to BJO,-, bk R, bk L; {**Bk 3-Step**} Bk R
SQQ blend to CP,-, bk L, bk R;

5-8 IMP SEMI; PROMENADE WEAVE WITH; BK LILT 4; FIN THE WEAVE;

SQQ 5-6 {**Imp Semi**} Start RF body trn bk L,-, cl R to L heel trn, fwd L in
SQQ SCP DC (W fwd R,-, fwd L arnd M, trn to SCP fwd R DC);
{**Promenade Weave**} Fwd R,-, fwd L trn LF to CP, sd & bk R to
BJO fc DRW (W fwd L,-, fwd R trn LF to CP, sd & fwd L to
BJO);
S&S& 7-8 {**Bk Lilt 4**} Bk L with slgt lilt up,/ bk R slgt down, bk L with slgt
QQQQ lilt up,/ bk R slgt down; {**Fin the Weave**} Bk L in BJO, bk R trn
LF to fc DW, fwd L, fwd R BJO DW;

9-12 3-STEP; NAT HOVER CROSS OVERTRN CHKED TO;; TOPSPIN;

SQQ 9-10 {**3-Step**} Fwd L to CP,-, fwd R, fwd L; {**Nat Hover Cross**} Fwd
SQQ R trning RF,-, sd L cont RF trn, sd & fwd R SCAR LOD (W bk
L,-, cl R to L heel trn, sd & bk L);
QQQQ 11-12 {**Overtrn Chked**} Chk fwd L in SCAR, recov R start LF trn, cont
QQQQ LF trn sd L, cont LF trn chk fwd R in BJO DRC spin LF on R toe
¼ to fc DRW; {**Topspin**} Bk L in BJO, bk R trning LF, cont LF
trn sd & fwd L, fwd R in BJO DW;

13-16 HOVER TELE; NAT FALLAWAY WEAWE; WITH BK LILT 4 TO BJO; WEAWE 4 ENDING;

- SQQ 13-14 {Hover Tele} Fwd L,-, trn body RF fwd R to CP, cont trn body RF to SCP fwd L DW;
SQQ {Nat Fallaway Weawe} Fwd R in SCP start RF trn,-, sd & fwd L trning RF still in SCP (W fwd R btwn M's ft), bk R in SCP fc DRW;
- S&S& 15-16 {Bk Lilt 4 to BJO} Bk L with slgt lilt up,/ bk R slgt down, bk L with slgt lilt up,/ trn body slgt LF trn W to BJO bk R slgt down (W bk R,/ bk L, bk R,/ trning LF fwd L in BJO); {Weawe 4 Ending} Repeat meas 8 of Part A;

PART B**1-4 WHISK; FEATH; DBL REV; CHG OF DIRECTION;**

- SQQ 1-2 {Whisk} Fwd L,-, fwd & sd R, hook LIB of R SCP DC; {Feath} Fwd R,-, start LF body rotation to trn W to BJO fwd L, fwd R end DC in BJO (W fwd L,-, trning LF sd & bk R, bk L);
SQQ
QQ-- 3-4 {Dbl Rev} Fwd L start LF trn, sd & fwd R arnd W, cont LF trn draw L to R end DW,- (W bk R, cl L to R heel trn, sd & fwd R arnd M, XLIF of R in CP); {Chg of Direction} Fwd L trn body SQ- LF,-, sd & fwd R cont trn LF to fc DC, draw L to R;

5-8 CURVING 3-STEP; OUTSIDE CHK; OUTSIDE CHG SEMI; DBL FWD LILT;

- SQQ 5-6 {Curving 3-Step} Fwd L start LF trn,-, fwd R strong LF trn fc DRW, fwd L in CP fc DRC; {Outside Chk} Bk R start LF trn,-, SD L fc RLOD, fwd R with RF body trn to BJO fc DRW;
SQQ 7-8 {Outside Chg Semi} Bk L in BJO,-, bk R trning LF to SCP, fwd S&S& L in SCP LOD; {Dbl Fwd Lilt} Thru R with slgt lilt up,/ fwd L slgt down, thru R with slgt lilt up,/ fwd L slgt down;

9-12 CHAIR & SLIP; TELE SEMI; OPEN NAT; OUTSIDE SPIN OVERTRN;

- SQQ 9-10 {Chair & Slip} Lunge thru R LOD,-, recov L with rise, slip R bk trn LF to CP fc DC (W lunge thru L LOD,-, recov R with rise, trn body LF to slip fwd L to CP); {Tele Semi} Fwd L start LF trn,-, SD & fwd R cont trn, sd & fwd L SCP DW (W bk R,-, cl L to R heel trn, sd & fwd R SCP);
SQQ 11-12 {Open Nat} Fwd R start RF trn,-, sd & bk L across W, bk R to BJO fc DRC (W fwd L,-, fwd R, fwd L); {Outside Spin Overtrn} Prepare W to step outside by trning body RF bring L ft bk while trn 3/8 to R,-, fwd R in BJO cont RF trn, bk L cont trn RF to end CP DC (W start RF body trn fwd R in BJO,-, cl L to R for toe spin, fwd R in CP cont trn RF);

13-16 RUDOLPH & SLIP; DBL REV; HOVER; FEATH;

- SQQ 13-14 {Rudolph & Slip} Cont RF trn fwd R btwn W's ft fc LOD start QQ-- RF pivot but stop action by flexing R knee while keeping L ft bk (WQQQQ) cont body trn allow L sd to remain twd W,-, bk L under body

with rise trn LF, cont LF trn bk R to CP DC (W fwd L trn RF to SCP allow R leg to ronde CW keep R sd twd ptr pt RIB of L at end of ronde,-, bk R start a LF pivot on ball of R ft, slip fwd L cont LF trn to CP);

{Dbl Rev} Fwd L start LF trn, sd & fwd R arnd W, cont LF trn draw L to R end DW,- (W bk R, cl L to R heel trn, sd & fwd R arnd M, XLIF of R in CP);

SQQ 15-16 **{Hover}** Fwd L DW,-, fwd & sd R trning body RF, fwd L in SCP
 SQQ DC; **{Feath}** Fwd R,-, start LF body rotation to trn W to BJO fwd L, fwd R end DC in BJO (W fwd L,-, trning LF sd & bk R, bk L);

REPEAT A

REPEAT B

REPEAT A 1-8

ENDING

1-4 HOVER TELE TO LOD; WHIPLASH; BK ZIG ZAG 4; BK HOVER TO SEMI;

SQQ 1-2 **{Hover Tele to LOD}** Fwd L DW,-, begin RF body trn fwd R
 S- blending to CP, fwd L in SCP LOD; **{Whiplash}** Thru R,-, trn body LF to cause W to swvl LF pt L ft fwd in BJO (W thru L,-, swvl LF on L to BJO R ft pt bk),-;

QQQQ 3-4 **{Bk Zig Zag 4}** Bk L in BJO, heel pull R to cl trning RF to
 SQQ SCAR fc DRW (W sd & bk L), fwd L in SCAR trning LF to BJO fc DW, bk R in BJO; **{Bk Hover to Semi}** Bk L,-, bk R trning RF to SCP with hover action, recov fwd L in SCP LOD;

5-6 THRU TO PROMENADE SWAY; QK THROWAWAY OVERSWAY;

SS 5-6 **{Thru to Promenade Sway}** Thru R,-, sd & fwd L with R sd
 - stretch to promenade sway,-; **{Qk Throwaway Oversway}** Trn sharply LF & keep body wgt bk with R ft pt bk & L sd stretch (W trn LF & pt L ft bk in throwaway oversway);