

## 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;  
QQQQ

**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 LF,-, sd & fwd R cont trn LF to fc DC, draw L to R;  
(WQQQQ)  
SQ-

**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 DRC, 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
- SQQ 7-8 {Outside Chg Semi} Bk L in BJO,-, bk R trning LF to SCP, fwd 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;  
S&S&

**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
- 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);  
SQQ

**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 RF pivot but stop action by flexing R knee while keeping L ft bk cont body trn allow L sd to remain twd W,-, bk L under body  
QQ--  
(WQQQQ)

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);