

I'M GONNA SIT RIGHT DOWN

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Record: Amazon download or MCA-60083,
"I'm Gonna Sit Right Down and Write Myself a Letter" by Billy Williams

Time/Speed: As Downloaded

Footwork: Opposite-direction for man except where noted

Rhythm: Two-step Phase II + 1 (strolling vine)

Released: October 2011

Sequence: INTRO – A – B – A – B – C – D – C – D – END

INTRO

1 – 2 WAIT; WALK & PKUP;

1-2 OP fcg LOD wait 1 measure; [Walk & Pkup] in Op fwd L, -, fwd R picking woman up to CP/LOD, -;

A

1 – 8 2 FWD 2-STEPS;; SCIS SCAR; WALK OUT 2; SCIS BJO; WALK IN 2; HITCH; HITCH/SCIS TO SCP;

1-2 [2 Fwd 2-steps] fwd L, cls R, fwd L, -; fwd R, cls L, fwd R, -;

3-6 [Scis/Scar] sd L, cl R to L, XLIF of R blending to SCAR/DLW, -; [Walk Out 2] fwd R, -, fwd L, -; [Scis/Bjo] sd R, cl L to R, Xrif of L blending to BJO/DLC, -; [Walk In 2] fwd R, -, fwd L, -;

7-8 [HITCH 3; HITCH/SCIS TO SCP] Fwd L, cl R to L, bk L, -; bk R, c1 L to R, Fwd R (W sd L, c1 R to L, XLIF of R), -; SCP

B

1 – 8 STROLLING VINE;;;; CIRCLE AWAY 2 2-STPS;; STRUT TOG 4 ; WITH A PKUP;

1-4 [Strolling Vine] CP WALL commence slight LF upper body turn sd L, -, XLIB (W XLIF), -; sd L, cl R sd L trng 1/2 LF to CP COH, -; CP COH commence slight RF upper body turn sd R, -, XLIB (W Xrif), -; sd R, cl L, sd R R trng 1/2 RF to CP WALL, -;

5-6 [Cir Away 2 2's] circle away from ptr man trns LF (W RF) L, R, L, -; R, L, R trng to fc ptr WALL, -;

7-8 [Strut Tog 4] fwd L, -, fwd R, -; fwd L, -, fwd R picking woman up to CP/LOD, -;

Note: second time thru chg meas 7-8 to Strut Tog 4 TO BFLY

C

1 – 8 SIDE 2STP W / KNEE; TWICE; STEP KICK TWICE; AWAY KICK-FACE TCH; SIDE 2STP W / KNEE; TWICE; STEP KICK TWICE; AWAY KICK-FACE TCH;

1-2 [Side 2-step w/ knee] Sd L, cl R, sd L, XR knee if of L left knee, -; Sd R, cl L, sd R, XL knee if of right knee, -;

3-4 [Step Kick 2X] Stp L, kck R, stp R, kck L; [Away Kick-face tch] Stp fwd & slightly away from ptr on L, kick R DLC, stp R to fc ptr, tch L;

5-6 [Side 2-step w/ knee] Sd L, cl R, sd L, XR knee if of L left knee, -; Sd R, cl L, sd R, XL knee if of right knee, -;

7-8 [Step Kick 2X] Stp L, kck R, stp R, kck L,-; **[Away Kick-face tch]** Stp fwd & slightly away from ptr on L, kick R DLC, stp R to fc ptr, tch L,-;

D

1 – 8 FC/FC; BK/BK; BASKETBALL TURN;; 2 TURNING;; TWIRL 2; WALK 2;

1-4 [Face to Face] in BFLY sd L, cl R, sd L trng lf to diag LOD COH (W trn rf to diag LOD WALL), -; **[Back to Back]** sd R, cl L, sd R trng rf to OP LOD, -; **[B-Ball Turn]** lunge fwd L twd LOD trng 1/4 RF, -, rec R trng 1/4 RF to LOP fcg RLOD, -; lunge fwd L twd RLOD trng 1/4 RF, -, rec R trng 1/4 RF to OP fcg LOD, -; **5-8 [2 Trng 2's]** start RF turn sd L, cl R, bk L, -; cont RF turn sd R, cl L, fwd R blending to fc ptr & WALL, -; **[Twirl Vine 2]** sd L, -, XRB of L, (W twirl RF in two steps L, -, R, -) blending to fc ptr & wall, -; **[Walk 2]** blend to SCP/LOD fwd L, -, fwd R to BFLY, -;

END

1 - 6 STROLLING VINE;;;; SIDE 2-STEP W/KNEE; RECV. W/ JAZZ HANDS;

1-4 repeat meas 1 – 4 of Part B;;;;

5-6 repeat meas 1 of Part C; (recover with Jazz Hands) rec L to fc WL, outstretch arms w/open palms & fingers spread wide wiggling hands rapidly, - ;

QUICK CUES:

INTRO— ONE MEASURE WAIT; WALK & PKUP;

A: 2 FWD 2-STEPS;; SCIS SCAR; WALK OUT 2; SCIS BJO; WALK IN 2; HITCH; HITCH/SCIS;

B: STROLLING VINE;;;; CIRCLE AWAY 2 2-STPS;; STRUT TOG 4 ; W/PKUP;

A: 2 FWD 2-STEPS;; SCIS SCAR; WALK OUT 2; SCIS BJO; WALK IN 2; HITCH; HITCH/SCIS;

B: STROLLING VINE;;;; CIRCLE AWAY 2 2-STPS;; STRUT TOG 4 ; BFLY;

C: SIDE 2STP W/ KNEE; TWICE; STEP KICK TWICE; AWAY KICK-FACE TCH; SIDE 2STP W/ KNEE; TWICE; STEP KICK TWICE; AWAY KICK-FACE TCH;

D: FC/FC; BK/BK; BASKETBALL TURN;; 2 TURNING;; TWIRL 2; WALK 2;

C: SIDE 2STP W/ KNEE; TWICE; STEP KICK TWICE; AWAY KICK-FACE TCH; SIDE 2STP W/ KNEE; TWICE; STEP KICK TWICE; AWAY KICK-FACE TCH;

D: FC/FC; BK/BK; BASKETBALL TURN;; 2 TURNING;; TWIRL 2; WALK 2;

END: STROLLING VINE;;;; SIDE 2-STEP W/KNEE; RECV. W/ JAZZ HANDS;