LULLABY OF BIRDLAND

CHOREO: Peg & John Kincaid, 9231 Limestone Place, College Park, MD 20740
(301) 935-5227, kincaidcpa@aol.com  www.dancerounds.info/kincaid

MUSIC: “Lullaby Of Birdland” by Ella Fitzgerald  CD It Ain’t Over Track #3,
Also downloadable from itunes and other sites.

FOOTWORK: Opposite unless indicated

RHYTHM: SWING  RAL PHASE IV + 2 [chasse roll, triple whip throwaway]

SEQUENCE: INTRO A B A(1-8) C A(9-16) B A(1-8) END

Released: 5/1/09
Corrected 5/15/09

INTRO
1-4
WAIT; FWD & TRN AWAY; LOWER & RISE TWICE; TRN TO FC; 
1  Fcg ptr LOD 2-3 ft apt lead ft free no hnds jnd wait;
2  Fwd L twd ptr,-, trn 1/2LF (RF) on wghted foot to bk/bk pos,-;
3  With wgt still on lead ft tch ball of trail to floor with bent knee,-, flex both knees to lower & extend both knees to rise, flex both knees to lower & extend both knees to rise;
4  Plc wgt on trail foot trng 1/2 RF (LF) to fc ptr LOD,-, jn lead hnds,-;

NOTE: music is very slow for 1st 4 measures.

PART A
1-4
CHICKEN WLKS;; THROWAWAY & POINT;;
1  [CHICKEN WLKS] With lead ft free, lead hnds jnd bk L,-, bk R,-
   (W fwd R with sl swvl action,-, fwd L with sl swvl action,-);
2  REPEAT MEAS 1;
3-4 [THROWAWAY & POINT] rk apt L, rec R, sd L/cl R, sd L comm LF trn; sd R/cl L, sd R cont LF trn to fc RLOD, pnt L to sd,- (W rk apt R, rec L, sd R/cl L, sd R to pass M on his L sd; sd L/cl R, sd L to fc ptr, pnt R to sd,-);

5-8
AMERICAN SPIN—TRIPLE WHEEL 3 W/SPIN FC WALL ;;;;
5-8 [AMERICAN SPIN] Lead hnds jnd fcg RLOD rk apt L, rec R, with tone in L arm to assist W with spin action in plc L/R, L (W rk apt R, rec L, in plc R/L, R spinning RF one full trn on last stp); in plc R/L, R jn R/R hnds (W in plc L/ R, L jn R/R hnds), rk apt L, rec R;
[TRIPLE WHEEL 3 WALL W/SPIN] comm RF wheel sd L/cl R, sd L trng in toward ptr (W trn away from ptr) to tch her back w/M’s L hnd, cont RF wheel sd R/cl L, sd R trng away from ptr (W trn in toward ptr to tch his back w/W’s L hnd); cont RF wheel sd/L/cl R, sd L trng in toward ptr (W trn away from ptr) to tch her back w/M’s L hnd, lead W to spin RF sd R/cl L, sd R (W sd R, comm RF spin one full trn on R ft to fc ptr, sd L/cl R, sd L) end fc ptr WALL;
PART A (CONT)

9-11

TRIPLE WHIP THROWAWAY;;;

9-11

[TRIPLE WHIP THROWAWAY] fcg ptr WALL with lead
hnds jnd rk bk L, rec R, fwd & sd L blending to CP comm
RF trn/cl R cont trn, sd & bk L cont trn; XRB of L cont
trn, sd L cont trn, XRB of L cont trn, sd L cont trn;
XRB of L cont trn, sd L cont trn, sd R/cl L, sd R to end
fcg LOD LOP; (W rk bk R, rec L, fwd R between M's feet
blending to CP comm RF trn/sd L cont trn, XRF of L; sd L
cont trn, XRF of L; sd L cont trn, XRF of L; sd L, XRF of
L, bk L/cl R, bk L to fc RLOD in LOP);

NOTE: figure should rotate 1 & 3/4 trns.

12-16

CHNG L TO R W/CONT CHASSE;; SAILOR SHUFFLES;;

RK BK TO PNT & HOLD;

12-13

[CHNG L TO R W/CONT CHASSE] Rk bk L, rec R, sd L/cl
R, lead W trn LF undr jnd lead hnds sd L; trng 1/4 RF to fc
ptr WALL sd R/cl L, sd R/cl L, sd R/cl L, sd R/cl L;

14-15

[SAILOR SHUFFLES] Lead Hnds jnd XLB of R/sd R, sd L,
XRB of L, sd L, sd R; REPEAT MEAS 14 PART A;

16

[RK BK TO PNT & HOLD] Blending to SCP rk bk L, rec R,
Pnt to LOD, hold;

PART B

1-4

R TRNG FALLAWAY W/GLIDE TO THE SIDE;; R TRNG
FALLAWAY W/GLIDE TO THE SIDE;;

1-4

[R TRNG FALLAWAY W/GLIDE TO THE SIDE] Rk apt L,
rec R blending to CP, comm RF trn sd L/cl R, sd L, sd R,
XLB of R, sd R/cl L, sd R; REPEAT MEAS 1 & 2 start fcg
COH and end fcg WALL blending to SCP;;

5-8

RK TO JIVE WLKS—SWIVEL 4—THROWAWAY PNT HOLD;;;

5-8

[RK TO JIVE WLKS] SCP LOD rk bk L, rec R, fwd L/cl R,
fwd L; fwd R/cl L, fwd R, [SWIVEL 4] fwd L, fwd R; fwd L,
fwd R (W fwd R, fwd L; fwd R, fwd L plcg each foot in front
of the other to get the swiveling effect),

[THROWAWAY PNT HOLD] fwd L/cl R, sd L lead W to
trn LF in front of the M; sd R/cl L, sd R to end fcg ptr LOD,
pnt L sd, hold (W R/cl L, fwd R trng LF in front of the M;
cont LF sd L/cl R, sd L to end fcg LOD, pnt R sd, hold);
PART A (1-8)

1-8

CHICKEN WLKS;; THROWAWAY & PNT;; AMERICAN SPIN—TRIPLE WHEEL 3 W/SPIN TO FC WALL;;;

PART C

1-8

PROG RK; CHASSE L&R SCP; CHASSE ROLL LOD—
CHASSE ROLL RLOD;;; AMER SPIN BOTH SPIN & PNT;;

1

[PROG RK] rk apt L, XRIF of L, rk apt L, XRIF of L;

2

[CHASSE L & R] sd L/cl R, sd L, sd R/cl L, sd R blending to SCP ;

3-6

[CHASSE ROLL] rk bk L, rec R, comm RF trn sd L/cl R, sd L trng to bk to bk pos; sd R/cl L, sd R cont RF trn to fc, sd L/cl R, sd L to fc ptr WALL; rk bk R, rec L, comm LF trn sd R/cl L, sd R trng to bk to bk pos; sd R/cl L, sd R cont RF trn to fc, sd R/cl L, sd R to fc ptr WALL;

7-8

[AMER SPIN BOTH SPIN & PNT] Lead hnds jnd feg ptr WALL rk apt L, rec R, keeping tone in L arm in plc L/R, L spinning LF one full trn on last step; in plc R/L, R, pnt L sd twd LOD,(W rk apt R, rec L, in plc R/L, R spinning RF one full trn; in plc R/L, R, pnt R sd twd LOD,) end feg ptr WALL with lead hnds jnd;

PART A(9-16)

9-16

TRIPLE WHIP THROWAWAY;; L TO R WITH CONT CHASSE;; SAILOR SHUFFLES;; RK BK TO PNT HOLD;

REPEAT PART B

REPEAT PART A (MOD)

1-10

CHICKEN WLKS;; THROWAWAY & PNT;; AMERICAN SPIN—TRIPLE WHEEL 3 W/SPIN;;;

END

1-4

SPANISH ARMS—RK & WRAP—WHEEL 3;; PNT SD;

1-4

[SPANISH ARMS] In BFLY pos feg WALL rk bk L, rec R trng RF, lead W to trn LF undr jnd lead hnds to momentary wrapped pos sd L/cl R, sd L cont RF trn; lead W to trn RF to BFLY sd R/cl L, sd R end feg COH in BFLY, [RK & WRAP]rk bk L, rec R, leading W to trn LF undr jnd lead hnds to wrap pos feg COH sd L/cl R, sd L, [ WHEEL 3 & PNT SD] fwd L comm RF trn in wrapped pos, fwd R, fwd L to fc WALL,—; still in wrapped pos pnt sd R (W sd L),—,—,