

# LULLABY OF BIRDLAND

pg 1 of 3

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**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  
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## 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 wgted 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 1<sup>st</sup> 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 ; XRIB of L cont trn, sd L cont trn, XRIB of L cont trn, sd L cont trn; XRIB 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, XRIF of L; sd L cont trn, XRIF of L, sd L cont trn, XRIF of L; sd L, XRIF 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 XLIB of R/sd R, sd L, XRIB 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, XLIF 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 fcg 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 pl 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 fcg 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 fcg 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 fcg COH in BFLY, [RK &  
WRAP]rk bk L, rec R; leading W to trn LF undr jnd lead  
hnds to wrap pos fcg 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),-,-;