

# PAL OF MY CRADLE DAYS

Music: Dennis Haywards

[www.maestrorecords.com/music-cds/sequence-amp-old-time/sequence/savoy/dennis-hayward-party-dances](http://www.maestrorecords.com/music-cds/sequence-amp-old-time/sequence/savoy/dennis-hayward-party-dances)

Vol.2 Track # 1 Time 3:28 Available from choreographer

Rhythm: Waltz Phase: IV+1U (Box w/ 2 Underarm Turns)

Footwork: Opposite except where (Noted)

Release Date: Sept 18

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

Email: [jos.dierickx@telenet.be](mailto:jos.dierickx@telenet.be)

Sequence: INTRO ABC ABC(1-15) END



## INTRO

### 01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; TWIRL/VINE ; PICK UP SIDE CLOSE to LOD ;

{Wait} BFLY Pos WALL Id ft free wt 2 meas ; ; {Twirl Vine} Raisg joined lead hnds Sd L, XRib, sd L (W sd R start trng RF on ball of R under lead hnds, cont RF trn bk L to fc COH, sd R) to SCP LOD ; {Pick Up Sd Cl} Sm fwd R, sd L, cl R (W trng LF fwd L ifo M, cont trn sd R, cl L) to CP LOD ;

## PART A

### 01-04 FORWARD WALTZ ; DRIFT APART ; TWINKLE OUT & IN to Pickg-Up ; ;

{Fwd Waltz} Fwd L, fwd & sd R, cl L ; {Drift Apt} In Place R, L, R (W bk L, bk & sd R, cl L) ; {Twinkle Out & In} XLif (W XRif) to WALL, trng ½ LF sd R, cl L to COH ; XRif (W XLif) to COH, trng ¼ RF sd L to Pick-Up, cl R CP LOD ;

### 05-08 VIENNESE TURNS ; ; HOVER TELE ; NATURAL HOVER FALLAWAY ;

{Viennese Turns} Fwd L stg LF trn, sd R cont trn, XLif to fc RLOD (W bk R stg LF trn, sd L cont trn, cl R) ; Bk R cont LF trn, sd L cont trn, cl R (W fwd L cont LF trn, sd R cont trn, XLif) to CP DLW ; {Hover Tele} Fwd L, fwd R rising & I-shoulder lead, sd & fwd L to SCP LOD ; {Natural Hover Fallaway} Fwd R, fwd L risg & trng RF, rec R (W fwd L, trng RF fwd R, rec L) to SCP DRW ;

### 09-12 CHECK BACK & RECOVER to WHIPLASH BJO ; BACK BACK/LOCK BACK ; SPIN TURN ; OUTSIDE CHECK ;

{Chk Bk & Rec to Whiplash BJO} [12-] Bk L in SCP in fallaway ckg, rec R pt L to DRW trn body LF to swivel W (W bk R in SCP ckg, rec L swivel LF ronde R CCW) to BJO DRW, - ; {Bk Bk/Lk Bk} (12&3) Bk L, bk R/lk Lf, bk R to BJO ; {Spin Turn} Stg RF upper bdy trn bk L pvtg ½ RF to fc LOD, fwd R btwn W's ft heel to toe cont trn leavg L leg xtnd bk & sd, rec L (W stg RF upper bdy trn fwd R btwn M's ft heel to toe pvtg ½ RF, bk L cont trn brush R to L, fwd R btwn M's ft) to CP DLW ; {Outsd Ck} Bk R trng LF, sd & fwd L, check fwd R to BJO DLC ;

### 13-16 3 BACK CROSS HOVERS SCAR BJO & SCAR ; ; ; OP FINISH ;

{Bk Cross Hover to SCAR} XLib (W XRif), sd & bk R rise, bk L to SCAR DLW ; {Bk Cross Hover to BJO} XRib (W XLif), sd & bk L rise, bk R BJO DLC ; {Bk Cross Hover to SCAR} Repeat meas 13 Part A ; {OP Finish} Bk R, bk & sd L trng ¼ LF, fwd R to BJO DLC ;

## PART B

### 01-04 DIAMOND TURN [OPTION: (W Inside Roll)] ; ; ; ;

{Diamond Turn} Fwd L comm LF trng, compg ¼ LF trn sd R, bk L to BJO DRC ; Staying in BJO & cont trng LF bk R, compg ¼ LF trn sd L, fwd R (OPTION: W fwd L comm LF trn under lead hands fc RDC, small sd R cont LF trn, small sd L compg LF trn) to BJO DRW ; Repeat meas 1,2 Part B to BJO DLW & DLC ; ;

### 05-08 TELEMAR to SCP ; IN & OUT RUNS ; ; PICK UP SIDE CLOSE to LOD ;

{Telemark to SCP} Fwd L comm LF trn, sd R w/ a strong LF trn, sd & slightly fwd L (W bk R comm LF trn, cl L [heel trn], sd & slightly fwd R) to SCP DLW ; {In & Out Runs} Trng RF fwd R, sd & bk L to CP RLOD, bk R (W fwd L, fwd R btwn M's ft, fwd L) to BJO RLOD ; Trng RF bk L, cont trn fwd R btwn W's ft, sd & fwd L (W trng RF fwd R, cont trn sd L in frnt of M, cont trn fwd & sd R) to SCP LOD ; {Pick Up Sd Cl} Sm fwd R, sd L, cl R (W trng LF fwd L in frnt of M, cont trn sd R, cl L) to CP LOD ;

### 09-12 BOX w/ TWO WAY UNDERARM TURN to LOP RLOD ; ; ; ;

{Box w/ 2 Ways Underarm Turn to LOP RLOD} Fwd L, sd R, cl L ; Bk R, sd L, cl R (W Start a wide CW Circle Under Id hnds L, R, L) both fcg LOD in a Mod LOP POS Id hnds high ; Fwd L to LOD, fwd & sd R trng ¼ LF, cl L (W fwd R to LOD, fwd & sd L trng ¼ RF to fc ptr, cl L) to LOP COH ; Fwd R passing ifo W Id hnds still joined high, fwd & sd L comm trng RF, small sd R cont RF trn point L to R (W fwd L passing each other M ifo W Id hnds joint, fwd & sd R comm LF trn under Id hnds, small sd L cont LF trn point R to L) to LOP RLOD ;

**13-16 THRU TWINKLE to SCP ; THRU CHASSE to BJO ; FWD FWD/LOCK FWD ; OP NATURAL ;**

**{Thru Twinkle to SCP}** Thru L (*W Thru R*) twd RLOD, sd R trng LF, cl L to SCP LOD ; **{Thru Chasse to BJO}** [12&3] Thru R, sd to fc prt L/cl R, sd & fwd L (*W trng LF, sd R/cl L, sd & bk R*) to BJO DLW ; **{Fwd Fwd/Lk Fwd}** [12&3] Fwd R, fwd L/lk Rib, fwd L ; **{OP Natural}** Fwd R stg RF trn, cont trn sd & bk L, bk R w/ R sd ld (*W bk L trng RF, fwd R btwn man's feet, fwd L*) to BJO DRC ;

**PART C**

**01-04 IMPETUS to SCP ; WEAVE 6 to SCP ; ; CHAIR & SLIP ;**

**{Impetus to SCP}** Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (*W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn arnd M, brush R & fwd R*) to SCP DLC ; **{Weave 6 to SCP}** Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R to fc DRC (*W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L LOD to BJO*) ; Bk L LOD, bk R trng LF trn, sd & fwd L (*W fwd R outsd ptr, fwd L, fwd R*) to SCP DLW ; **{Chair & Slip}** Ck fwd R w/bent knee, rec L w/ slight LF trn, sm bk R (*W ck fwd L, rec R swvlg 5/8 LF, fwd L*) to CP DLC ;

**05-08 OP REVERSE TURN ; HOVER CORTE ; BACK & CHASSE to SCAR DRW ; FWD CHECK/W DEVELOPE ;**

**{OP Reverse Turn}** Fwd L com LF trn, trng LF sd R, bk L compg 3/8 LF trn (*W bk R comm LF trn, cl L [heel trn], fwd R outsd ptr*) to BJO RLOD ; **{Hover Corte}** Bk R, trng LF sd & fwd L LOD leavg R leg ipl, compg ½ LF trn rec R (*W fwd L, trng LF sd & fwd R & brush L to R, fwd L*) to BJO DLW ; **{Bk & Chasse to SCAR to DRW}** [12&3] Trn RF bk L cp DRC shape to lft, sd R/cl L trn RF, fwd R lose shape pvt RF to SCAR DRW ; **{Fwd Check/W Developpe}** [1--] Fwd L outsd W's left-side checking, -, - (*W bk R, bring L ft up R leg to insd of R knee, extend L ft fwd*) to SCAR DRW ;

**09-12 BACK & CHASSE to ½ OP LOD ; OP IN & OUT RUNS ; ; THRU SIDE BEHIND ;**

**{Bk & Chasse ½ OP LOD}** [12&3] Bk R trng LF, sd L/cl R, sd & fwd L to ½ OP LOD ; **{OP In & Out Runs}** Fwd R begin RF trn, sd & fwd L XIF of W cont trn, sd & fwd R to ½ LOP LOD w/ free arms out to sd (*W fwd R, L, R*) ; Fwd L, R, L (*W fwd R begin RF trn, sd & fwd L XIF of M cont trn, fwd & sd R*) to ½ OP LOD w/ free arms out to sd ; **{Thru Sd Behind}** Thru R, sd L to fc prt, XRib (*W XLib*) ;

**13-16 ROLL 3 to SCP ; OP NATURAL ; SPIN TURN ; HALF BACK BOX to LOD ;**

**{Roll 3 to SCP}** Start LF trn (*W RF*) sd & fwd L, small sd R cont LF trn, sd & fwd L cont LF trn to SCP LOD ; **{OP Natural}** Thru R stg RF trn, contg RF trn sd L ifo W, bk R (*W fwd L, fwd R btwn man's feet, fwd L*) to BJO RLOD ; **{Spin Turn}** Repeat meas 11 Part A ; **{Half Bk Box}** Bk R, sd L trng 1/8 LF, cl R to CP LOD ;

**ENDING**

**01- BACK & DIP BACK ;**

**{Bk & Dip Bk}** [12-] Bk R, bk L with soft L knee keeping R leg extended & trn bdy sltly LF, -;