

Settle Down

MUSIC: The McLymonts (CD: Chaos & Bright Lights, Tk 5) – **Time:** 3.59mins ***Edited
CHOREO: Cheryl Holland Bayside Cloggers (Vic) Bayclog1@bigpond.com 0434 249 213
LEVEL: Easy Intermediate Feb 2012
SEQUENCE: A A B C B D B* END
INTRO: Wait 16 counts Left foot lead **SPEED:** Best danced +10%

COUNTS CUE

Part A - 40 Beats

8 Clogover Hop (L)
4 Basic Rock & Pull (FWD)
4 Alabama
16 Repeat opp ftwk
4 2 Rock Heel Pull (FWD)
4 Lori Pivot (1/2 R)

Part A - 40 Beats

8 Clogover Hop (L)
4 Basic Rock & Pull (FWD)
4 Alabama
16 Repeat opp ftwk
4 2 Rock Heel Pull (FWD)
4 Lori Pivot (1/2 R)

Part B - 48 Beats

8 Macnamara Rock Pivot (1/2 R)
8 High Horse
16 Repeat to Front
4 Joey
4 Stamp Basic
4 Joey
4 Stamp Basic

Part C - 36 Beats

8 Vine Brush & Touches (1/4 L)
8 M J Twist (1/4 L)
8 Vine Brush & Touches (1/4 L)
8 M J Twist (1/4 L)
4 Rocking Chair

Part B - 48 Beats

8 Macnamara Rock Pivot (1/2 R)
8 High Horse
16 Repeat to Front
4 Joey
4 Stamp Basic
4 Joey
4 Stamp Basic

Part D - 16 Beats

16 Turkey Vine (L & R)

COUNTS CUE

Part B* - 64 Beats

8 Macnamara Rock Pivot (3/4 R)
8 High Horse
48 Repeat 3 more times
4 Joey
4 Stamp Basic
4 Joey
4 Stamp Basic

End - 24 Beats

16 Clogover Hop (L & R)
8 Settle Turn

*** Music has been edited – the last 20 seconds of music has been chopped.



Step descriptions for: **SETTLE DOWN**

CLOGOVER HOP: (8)

DS DS(XIF)	DS HOP	TTCH S	DS(OTS)	DS (XIF)	DS RS	DS RS(FWD)	R H(WGT FWD)	PULL(TOG)	TCH
L R	L L	R R L	R	L RL	L RL	R L	R	R	R
&1 &2	&3 &	a 4 &5	&6	&7 &8	&1 &2	& 3	&	4	

BASIC ROCK & PULL: (4)

ALABAMA: (4)

DS DT(BK)	H TCH(BK)	H BR	SL
L R	L R	L R L	
&1 &	2 &	3 &	4

ROCK HEEL PULL: (2)

R H(WGT&OTS)	PULL(CLOSE)	S(BS)
L R	L	L
& 1	&	2

LORI PIVOT: (4)

DS DT(UP)	H DS(XIB)	H(WGT)/H(WGT)	-(PVT 1/2 R)	S(ON R FOOT)
L R	L R	L/R		R
&1 &	2 &3	&		4

ROCKING CHAIR: (4)

DS BR	SL DS	RS
L R	L R	LR
&1 &	2 &3	&4

MACNAMARA ROCK PIVOT: (8) (in this dance, pivot RIGHT -1/2 or 3/4 as directed)

BA BA(XIB)	BA TCHH(OTS)	BA BA(XIB)	BA TCHH(OTS)	R H(F-WGT)-(PVT 1/2 L)	S DS RS
L R	L R	R L	R L	L R	L R LR
& 1	& 2	& 3	& 4	& 5	& 6 &7 &8

HIGH HORSE: (8)

DS DT(XIF)	SL DT(X)	SL BA(OTS)	BA(XIF)	HD(F)/BA-SL	DS DS RS
L R	L R	L R	L	/R R L R LR	
&1 &	2 &	3 &	4	& 5 &6 &7 &8	

JOEY: (4)

DS BA(XIB)	BA(OTS)	BA(OTS)	BA(XIB)	BA(BS)	S
L R	L	R	L	R	L
&1 &	2	&	3	&	4

STAMP BASIC: (4)

DS STA	SL DS	RS
L R	L R	LR
&1 &	2 &3	&4

VINE BRUSH & TOUCHES: (8)

DS(OTS)	DS(XIB)	DS(OTS)	BR SL	TCH(XIF)	SL TCH(X)	SL DS RS
L	R	L	R L	R	L R	L R LR
&1	&2	&3	& 4	&	5 &	6 &7 &8

M J TWIST: (8)

DS DS(XIB)	R S(OTS)	(P) S(BK)	RS DS DT	TW/TW(H'S L)	TW/TW(H'S R)	LIFT/SL
L R	L R	L	RL R L	L/R	L/R	L/R
&1 &2	& 3	& 4	&5 &6 &	7	&	8

TURKEY VINE: (8)

DS DR S(XIF)	DS(OTS)	DS(XIF)	DR H-FL	S(XIB)	DS RS
L L R	L	R	R L L R	L RL	
&1 & 2	&3	&4	& 5 & 6	&7 &8	

SETTLE TURN: (8)

DS K(OTS)	TCH(XIF)	BA/BA(1/2 L)	S RS (P)	S(FWD)	PVT-1/2 R	(P) S	S STA	STO
L R	R	L/R	R LR	L		R	L R	R
&1 &	2	&	3 &4	& 5	&	6 &	7 &	8