

Lay Down Sally

Count: 48

Wand: 0

Ebene: Intermediate - Novelty Country

Choreograf/in: Martina Bucco (DE) - April 2020

Musik: Lay Down Sally - Stuart Moyles : (Album: Westport Town)



Sequence: A,B,B,C,C,Tag,B,B,C,C,Tag, A,B*,A,B**,B,B,C,C,C,C,Tag,A
Dance starts after 16 counts.

PART A : 16 counts

[1-8] TOE STRUT 4X

- 1-2 RF step forward on toe, press down RF
- 3-4 LF step forward on toe, press down LF
- 5-8 Repeat 1- 4

[9-16] STEP BACK, STEP BACK, CLAP 4X

- 1-2 RF step back, LF step back, Clap
- 3-4 RF step back, LF step back, Clap
- 5-6 RF step back, LF step back, Clap
- 7-8 RF step back, LF step back, Clap

PART B : 16 counts

[1-8] STEP 1/2TURN 2X, SYNCOPATED LOCK STEPS

- 1-2 RF step forward, 1/2turn left
- 3-4 RF step forward, 1/2turn left
- 5&6 RF step diagonal forward right, LF step behind RF, RF step slightly right
- &7 LF step diagonal forward left, RF step behind LF
- &8 LF step slightly left, RF step right (weight right)

[9-16] HEEL GRIND, STEP, HEEL GRIND, COASTER STEP, STEP 1/2TURN 2X

- 1& LF step on heel (turn Toe from right to left), RF step slightly right
- 2 LF step on heel (turn Toe from right to left), RF step slightly right
- 3&4 LF step back, RF step beside LF, LF step forward
- 5-8 RF step forward, 1/2 turn left , RF step forward, 1/2 turn left

PART C : 16 counts

[1-8] LOCK STEP, BRUSH, LOCK STEP, STEP, CROSS, HOLD, UNWIND

- 1&2 RF step forward diagonal right, LF step behind RF, RF step forward diagonal right
- & LF drag from back to front over the floor
- 3&4 LF step forward diagonal left, RF step behind LF, LF step forward diagonal left
- & 5 RF step right, LF cross behind RF, Hold
- 6-7 Full turn left on both feet
- 8 RF step forward

[9-16] STEP, CHARLESTON STEPS, 3 STEPS, TOUCH, CLAP

- 1-2 LF touch forward,both heels swivel in, LF step back,both heels swivel out
- 3-4 RF touch back,both heels swivel in, RF step forward, both heels swivel out
- 5-6 LF touch forward,both heels swivel in,LF step back,RF toe turn out
- 7-8 RF step back,LF toe turn out,LF step back,RF toe turn out,LF step back,RF toe turn out
- & RF touch beside RF, Clap

Tag: STEP,TOUCH,STEP, TOUCH ,1/2TURN,TOUCH ,1/2TURN,TOUCH

- 1-2 RF step back diagonal right,LF touch beside RF
- 3-4 LF step back diagonal left,RF touch beside LF

5-6 RF step forward with 1/2turn right,LF touch beside RF
7-8 LF step back with 1/2turn right,RF touch beside LF

B* :Dance Part B until count 8 with a touch at the end

B : Dance Part B until count 12**

ENJOY DANCING !!! ;-)
