Lay Down Beside Me



Count: 48 Wand: 4 Ebene: Intermediate

Choreograf/in: Shaz Walton (UK)

Musik: Last Request - Paulo Nutini



SIDE, ROCK BACK, RECOVER, SEMI CIRCLE RUNNING STEPS LEFT, SIDE, ROCK, RECOVER, 1/4 TURN LEFT, 1/2 TURN LEFT

1-2& Step right to right (make it large), rock back left, recover on right

3&4 Make ½ turn left as you make small running steps left right left in the shape of a semi circle

5-6& Step right to right side, rock back left, recover right

7-8 Step left ¼ turn left, make ½ turn left on ball of left stepping right beside left (weight ends on

right)

STEP BACK SWAY, SWAY TWICE, SHUFFLE FORWARD, STEP, FULL TURN WITH CURTSEY, BALL, STEP

1-2-3 Step back left as you sway back, sway forward, sway back, (nice & smooth, us those hips &

shoulders)

4&5 Step right forward, step left beside right, step right forward

6-7 Step forward left (bend knees) make a full turn right still with knees bent& feet together,

(straighten up)

&8 Step right beside left, step left forward

STEP, HOLD, BALL, STEP ½ PIVOT TURN LEFT, STEP ¼ TURN LEFT, BEHIND ¼ TURN, STEP ¾ TURN RIGHT, STEP SIDE

1-2 Step right forward, hold

&3-4 Step left beside right, step right forward, pivot ½ turn left

5-6& Make ¼ turn left stepping right to right side, cross step left behind right, make ¼ turn right

stepping right forward

7&8 Step forward left, pivot ¾ turn right, step left to left side

SAILOR RIGHT, SAILOR LEFT, DIAGONAL BALL STEP,½ PIVOT TURN LEFT TO BACK DIAGONAL, STEP FORWARD, ¼ RIGHT BACK, 1/8 RIGHT, TOUCH

1&2 Cross right behind left, step left to left side, step right to right side

3&4 Cross left behind right, step right to right side, step left to left side, keep these steps smooth

& let your body sway in time with the beat

&5 Make 1/8 turn into left diagonal front stepping right beside left, step left forward into corner

6& Step right forward, make ½ pivot turn left to face right diagonal back

7& Step right forward, step back left making ¼ turn right to face into left diagonal back

8 Turn 1/8 turn to 9:00 wall touching right beside left

Restart here on wall 2

SIDE, ROCK, RECOVER, RUN 3/4 TURN LEFT, SWEEP, CROSS, ROCK BACK, COASTER CROSS

1-2& Step right to right side, rock back left, recover right

Run ¾ turn left stepping left right left finishing with left crossed over right, (make the running

steps small, smooth & delicate)

5 Sweep right foot around to front & cross step over left

6 Rock back left, (use you hips)

7&8 Step back right, step back left, cross right over left

DIAGONAL BACK, ROCK, RECOVER, LARGE SIDE, COASTER STEP, PREP, ¾ RAISED ARABESQUE, SIDE

1-2& Step left diagonal step back, rock back right, recover left

3-4&5 Step large step with right to right side, step back left, step back right, step forward left

6 Step forward right (prepare yourself!) Keep right knee bent

7 On ball of right make ¾ turn right with left leg raised & bent at the knee

An arabesque would usually be executed with a straight leg- the correct term being "attitude". If you are not comfortable with this- please do whatever you are comfortable with

8 Step left to left side as you sway to left & prepare to start the dance again to the right

REPEAT

RESTART

During 2nd wall, dance up to count 32 & start the dance again. You will be facing the 6:00 wall