

Lay Down Sally

Count: 30

Wand: 2

Ebene: Absolute Beginner

Choreograf/in: M. Vasquez (UK) - May 2011

Musik: Lay Down Sally - Eric Clapton



Note: Dance starts on Main Vocal

This dance is for Mark Wallman for providing me with a source of constant inspiration!

Section 1: Side Rock, Recover, Behind-Side-Cross, Side Rock, Recover, Behind-Side-Step

- 1-2 Rock out to the right side, recover onto left
- 3&4 Step behind with the right, step left to left side, cross right in front of left
- 5-6 Rock out to the left side, recover onto right
- 7&8 Step behind with the left, step right to right side, step forward on left

Section 2: Rock, Recover, Shuffle, Rock, Recover, Shuffle

- 1-2 Rock forward onto right foot, recover back onto left foot
- 3&4 Step back on right foot, step left next to right, step back on right foot
- 5-6 Rock back onto left foot, recover onto right foot
- 7&8 Step forward on left foot, step right next to left, step forward onto left foot

Section 3: Toe, Heel, Step, Toe, Heel, Step, Back Mambo, 1/4 Monterey,

- 1&2 Turn right foot slightly in, touch toe next to left foot, turning right foot out, touch right heel next to left foot, step right foot in place
- 3&4 Turn left foot slightly in, touch toe next to right foot, turning left foot out, touch left heel next to right foot, step left foot in place
- 5&6 Step back on right foot, lift left foot and replace it back down on the same place, step right foot back next to left
- 7&8 Touch right toe to right side, on ball of left foot make 1/4 turn over your right shoulder and step onto your right foot, touch left toe out to the side, step left foot next to right.

Section 4: 1/4 Monterey, Two Stomps, Two Claps

- 1&2 Touch right toe to right side, on ball of left foot make 1/4 turn over your right shoulder and step onto your right foot, touch left toe out to the side, step left foot next to right.
- 3-4 Stomp right foot, stomp left foot
- 5-6 Clap hands twice

Start Again

Contact: E-Mail: matt.vasquez@rocketmail.com