

# Lay You Down Easy

**COPPER** **NOB**  
BY STEPHEN

**Count:** 32

**Wall:** 2

**Level:** Improver

**Choreographer:** Suzi Beau (ENG) - June 2016

**Music:** Lay You Down Easy (feat. Sean Paul) - MAGIC!



**Intro :** Start 8 Counts after heavy beat (rapping) on the words "I know you don't believe me"

## **SECTION 1: R COASTER STEP, STEP 1/4 CROSS, CHASSE R, BACK ROCK SIDE**

1&2 Step back on R, Step L together, Step forward R  
3&4 Step fwd L, pivot 1/4 R, Cross L Over R  
5&6 Step R to R side, Close L to R, Step R to R side  
7&8 Rock back on L , recover on R, Step L to L side

## **SECTION 2: BEHIND 1/4 L FORWARD, L SHUFFLE, R MAMBO KICK BACK KICK BACK**

1&2 Step R behind L, Turn 1/4 L Stepping L fwd, Step R fwd  
3&4 Step fwd L, Close R to L, Step fwd L  
5&6 Rock fwd on R, Recover on L, Step back on R  
&7&8 Kick L fwd, Step back L, Kick R fwd, Step back R

## **SECTION 3: COASTER 1/4 R MAMBO 1/2 TURN 3/4 R CROSS SHUFFLE**

1&2 Step back on L, Close R to L, Step L fwd turning 1/4 R  
3&4 Rock fwd on R, recover on L, Turn 1/2 R stepping fwd R  
5,6 Turn 1/2 R stepping back L, Turn 1/4 R stepping R to R side  
7&8 Cross L over R, Step R to R side, Cross L over R

## **SECTION 4. BUMP & SIDE, SAILOR STEP, TOUCH BEHIND UNWIND, SHUFFLE 1/2 HITCH**

1&2 Step on to ball of R bumping hip R up, Bump hip L, Step R to R side  
3&4 Step L behind R, Step R to R side, Step L in place  
5,6 Touch R back, unwind 1/2 bending knees, keeping weight on R  
7&8& Shuffle 1/2 L stepping L, R L, Hitch R

**No Tags Or Restarts Yippee Xxx**

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