

Lay It

Count: 64

Wall: 4

Level: Improver

Choreographer: Belén Márquez (ES) - May 2017

Music: Lay It On Me - Chris Young



Intro: 32 counts

S1: TOE STRUT FORWARD X 2, JAZZ BOX (with cross)

- 1-2 Touch Right Toe Forward, Drop Right Heel
- 3-4 Touch Left Toe Forward, Drop Left Heel
- 5-6 Cross Right over Left, Step Left Back
- 7-8 Step Right Side, Cross Left Over Right

S2: TOE STRUT SIDE X2, KICK, KICK, STEP, KICK

- 1-2 Touch Right Toe to Side, drop right Heel
- 3-4 Cross Touch Left Toe over right, drop left heel
- 5-6 Kick diagonally right forward x 2
- 7-8 Step Right Together, Kick diagonally right forward

Restart Here in wall 4

S3: BEHIND SIDE CROSS, KICK, BEHIND, SIDE, CROSS, KICK FORWARD ¼ TURN RIGHT

- 1-2 Cross right behind left, step left side
- 3-4 Cross right over left, Kick diagonally left forward
- 5-6 Cross left behind right, step right side
- 7-8 Cross left over right, turn ¼ right and Kick right forward

S4: BACK-KICK X 2, COASTER STEP, SCUFF

- 1-2 Step right back, kick left forward
- 3-4 Step Left Back, kick right forward
- 5-6 Step Right back, step left together
- 7-8 Step right forward, Scuff left

S5: LOCK STEP FORWARD, SCUFF, ROCKING CHAIR

- 1-2 Step left forward, Cross right behind left
- 3-4 Step left forward, Scuff right
- 5-6 Rock right forward, recover
- 7-8 Rock right back, recover

S6: STEP, HOLD+SNAPS, TURN ½ LEFT, HOLD+SNAPS, TOE STRUTS (R&L)+SNAPS

- 1-2 Step right forward, Hold + snaps
- 3-4 Turn ½ Left, Hold + snaps
- 5-6 Touch Toe right to side, drop right heel + snaps
- 7-8 Touch Left Toe to side, drop left heel + snaps

S7: RUMBA BOX FORWARD, RUMBA BOX BACK

- 1-2 Step right side, Step left together
- 3-4 Step right forward, Touch left together
- 5-6 Step left side, step right together
- 7-8 Step left back, Touch right together

Restart here in walls 2 & 5

S8: VINE RIGHT, VINE LEFT

- 1-2 Step right side, cross left behind right

3-4 Step right side, Touch left together
5-6 Step left side, Cross right behind left
7-8 Step Left Side, Scuff right

REPEAT

RESTARTS:-

Walls 2 & 5 after Rumba Box

Wall 4 after count 16 (kick-kick-step-kick)

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