

# Lay Down (Your Arms - Vlad is Bad)

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Rex Allott (UK) - February 2022

Music: Lay Down - Caravan Palace



## Intro - 16 beats

### S1. R heel, toe, swivel, rpt L, step R back, return, R kick ball step

- 1&2&. Tap R heel fwd, swivel R toe back next to L, rpt  
3&4&. Tap L heel fwd, swivel L toe back next to R, rpt  
5-6. Step R back (bending knees & leaning body back), return next to L  
7&8. Kick R fwd, step R back, step L next to R

### S2. L vine, step L over R, L side mambo cross, step drag L to R, R coaster step

- 1&2&. Step L to L, step R behind L, step L to L, step R over L  
3&4. Step L to L, step R to R, step L over R  
5-6. Step R to R, drag L next to R  
7&8. Step R back, step L. next to R, step R fwd

### S3. Step drag L to R x 2, step drag R to L x 2

- 1-2. Step R to R, drag L next to R (styling - move shoulders, hips & knees appropriately)  
3-4. Rpt 1-2.  
5-6. Step L to L, drag R next to L (styling - as above)  
7-8. Rpt 5-6

### S4. L Volta step turning 1/2 R, R mambo cross turning 1/4 R, L mambo step

- 1&2&. Turning 1/4 R step L over R, step R behind L, rpt  
3&4& Rpt 1&2&  
5&6. Cross R over L, turning 1/4 R step L back, step R fwd  
7&8. Step L fwd, step R back, step L next to R

## Tag 1.

### S1. R toe out R, hold x 2, return, L toe out L, hold x 2, return turning 1/4 L, R toe out R, hold x 2, return turning 1/4 R, L toe out L, hold x 2, return turning 1/4 L

- 1&2&. Point R toe diagonally out R, hold, hold, step R next to L  
3&4&. Point L toe diagonally out L, hold, hold, step L straight back turning 1/4 L  
5&6&. Point R toe diagonally out R, hold, hold, step R straight back turning 1/4 R  
7&8&. Rpt 3&4&.

## Repeat x 3 (starting & finishing @ 12 o'clock)

## Tag 2.

### S1. Cross L R, hold x 3, R side mambo step, rpt R

- 1&2&. Cross R over L, hold x 3  
3&4&. Step R to R, step L next to R, step L to L, step R next to L  
5&6&. Cross L over R, hold &  
7&8&. Step L to L, step R next to L, step R to R, step L next to R

### S2. Dorothy step, hold, R, L, R mambo step, 1/2 step turn R

- 1&2&. Step R diagonally R, step L behind R, step R diagonally R, hold  
3&4&. Step L diagonally L, step R behind L, step L diagonally L, hold  
5&6. Step R fwd, step L back, step R next to L  
7-8. Turning 1/2 R, step R fwd, step L next to R

**Repeat (changing S2. 5&6 to a shuffle 1/2 turn R so that you finish facing 3 o'clock)**

**Tag 3.**

**S1. Syncopated vine R, step back on R, chasse L**

- 1-2. Step R to R, step L behind R
- &3-4. Step R to R, step L to L, step R next to L
- 5-6. Step L back, fwd
- 7&8. Step L to L, step R next to L, step L to L

**S2. R coaster step, L mambo step, stomp R, L, R kick ball step (to finish)**

- 1&2. Step R back, step L back, step R fwd
- 3&4. Step L fwd, step R back, step L next to R
- 5-6. Stomp R, L
- 7&8. Kick R fwd, step L back, step R next to L

**Tag 1. after 4th S4.**

**Tag 2. after 5th S4.**

**Tag 3. after 6th S4. to finish**

**This dance is dedicated to the brave citizens of Ukraine. Feb 24th 2022**

**Come on World - don't let the bad guys win!**

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