

Lay Down Your Arms

Count: 0

Wall: 1

Level: Improver

Choreographer: Claudette Lane

Music: Lay Down Your Arms - The Chordettes



Sequence: AB AB AC AD

PART A

8 COUNT MARCH STARTING RIGHT FOOT, TURNING A QUARTER LEFT ON COUNT 7

- 1-4 Walk forward right, left, right, left
5-8 Walk forward right, left, right turning $\frac{1}{4}$, left

Repeat above four times

PART B

RIGHT AND LEFT VINE TOUCH

- 1-4 Step right, cross left behind right, step right, touch left next to right
5-8 Step left, cross right behind left, step left, touch right next to left

RIGHT AND LEFT CHASSE- ROCK STEP

- 1&2 Side triple step right
3-4 Rock back on left, recover on right
5&6 Side triple step left
7-8 Rock back on right, recover on left

ROCKING CHAIR, FOUR PADDLES STEPS TO LEFT FOR A FULL TURN

- 1-4 Rock forward on right, recover on left, rock backward on right, recover on left
5-12 Right step turning left, left step, repeat three times

FOUR RIGHT HEEL TAPS, FOUR LEFT HEEL TAPS. ROCKING CHAIR

- 1-4 Tap right heel forward
5-8 Tap left heel forward
9-12 Rock forward right, recover on left, rock backward right, recover on left

PART C

RIGHT AND LEFT STEP SLIDE STEP TOUCH

- 1-4 Step right to side, step left next to right, step right to side, touch left
5-8 Step left to side, step right next to left, step left to side, touch right

RIGHT AND LEFT STEP TOUCH X TWO

- 1-4 Step backward on right, touch left, step forward on left, touch right
5-8 Step backward on right, touch left, step forward on left, touch right
9-12 Step to left side, cross right behind left, step left to side, touch right

FOUR PADDLES STEPS TURNING LEFT

- 1-2 Right, left steps turning a quarter left
Repeat above 3 times

RIGHT AND LEFT HEEL TOE HEEL STEP

- 1-2 Touch right heel forward, touch right toe in front of left foot
3-4 Touch right heel forward, step with right foot next to left
5-6 Touch left heel forward, touch left toe in front of right
7-8 Touch left heel forward, step with left foot next to right

PART D

RIGHT AND LEFT VINE AND SALUTE

1-4 Step right to side, cross left behind right, step right to side, touch left

5-12 Step left to side, cross right behind left, step left, right touch and salute
