

# 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

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