

# Lay Down & Dance

**COPPER KNOB**  
STEPSHEETS

Compte: 48

Mur: 2

Niveau: Intermediate

Chorégraphe: Janet Hicks - March 2017

Musique: Baby Lets Lay Down And Dance - Garth Brooks



## #32 Ct Intro

### S1: WALK FORWARD –TRIPLES

- 1-2 Walk Fwd R-L,
- 3&4 Triple Forward □R-L-R
- 5-6 Walk Fwd L-R
- 7&8 Triple Forward □L-R-L

### S2: ROCK, RECOVER, COASTER STEP X 2

- 1-2 Rock Forward On R, Recover Weight On L
- 3&4 Step Back R, Step Together L, Step R Forward
- 5-6 Rock Forward On Left, Recover Weight On R
- 7&8 Step Back L, Step Together R, Step Forward L

### S3: SAILOR STEPS WITH 1/4 TURNS

- 1&2 Right Sailor- Step R Behind L, Step Side L, Step R To Right Side
- 3&4 Left Sailor- Step L Behind R, Step R To Side, Step L To Side 1/4 Turn Left
- 5&6 Right Sailor –Step R Behind L, Step Side L, Step R To Right Side
- 7&8 Left Sailor- Step L Behind R, Step R To Side, Step L To Side 1/4 Turn Left - 6 o'clock

### S4: HEEL SWITCHES—WALK FORWARD X2

- 1&2& Touch R Heel Forward, Step On R, Touch L Heel Forward, Step On L
- 3-4 Walk Forward R-L
- 5&6& Touch R Heel Forward, Step On R, Touch L Heel Forward, Step On L
- 7-8 Walk Forward R-L

\*\*\*\*RESTART HERE ON 3RD WALL FACING 6 o'clock

### S5: HALF TURNS WITH COASTER STEPS

- 1-2 Step Forward R, Step Forward L - Making ½ Turn Right
- 3&4 Step Back R, Step Together With L, Step Forward R
- 5-6 Step Forward L, Step Forward R- Making ½ Turn Left
- 7&8 Step Back L, Step Together With R, Step Forward L - 6 O'clock

\*\*\*\*RESTART HERE ON 6th WALL FACING 12'oclock

### S6: KICK BALL CHANGE X 2 SIDE TOUCHES—HEEL SWITCHES

- 1&2 Kick R Forward, Step On Ball Of Right Foot, Step On Left Foot
- 3&4 Repeat 1&2 Above
- 5&6 Touch Rt Toe To Right, Step R Next Left, Touch L Toe To Left Side
- &7&8& Step L Next To R ,Touch R Heel Forward , Step On Right, Touch L Heel Forward, Step On L

Contact: [hickup42@gmail.com](mailto:hickup42@gmail.com)