

Lay Back and Let It Ride

Compte: 64

Mur: 4

Niveau: Phrased Intermediate

Chorégraphe: Julia Radtke (DE) - August 2018

Musique: It Feels Good - Drake White



Phrased: ABA*ABAABBA, (Counter) Clockwise,

Part A: 32 counts

A: Side, Hold, Together, Side Triple Step, Cross Rock, Side Triple Step with ¼ Turn

- 1-2 Right Step to right - Hold
- 3&4 Right to right side- Close Left beside Right – Step Right to right Side
- 5-6 Cross Left over Right – Revover in Right
- 7&8 Step Left to left – Close Right beside left – Step left to left side

A: Heel Grind ¼ Turn, Coaster Step, Rock Step, Triple ¼ Turn

- 9-10 Right Heel Forward – Turn ¼ right
- 11&12 Step Right Back – Step left next to right – Step Right forward
- 13-14 Step Left forward – Recover on Right
- 15&16 Turn ¼ Left, Step Left to Left – Close Right beside Left – Step Left to left side

A: Cross, Side, Sailor Step ,Cross, Side, Sailor Step

- 17-18 Cross Right over Left – Step Left to Left Side
- 19&20 Cross Right behind left – Step left to left side – step right to right side
- 21-22 Cross left over right – step right to right side
- 23&24 Cross left behind right – Step right to right side– step left to left side

A: Toe Switches Forward- Toe Switches Side,Sailor Step, Point Back, ½ Turn with Hitch

- 25& Point right toe forward – Close right beside left
- 26& Point left toe forward – Close left beside right
- 27& Point right toe to right side – close right beside left
- 28 Point left toe to the side
- 29&30 Cross left behind right- Step right to right side – Step left to left side nach re
- 31 Point right toe back
- 32 Turn ½ right, lift right Knee up

Part B: 32 counts

B: Side with Hip roll, Touch, Side with Hip Roll, Touch, Slide, Together, Twist Turn

- 1-2 Step right to right, roll hip from left to right – Touch left beside right
- 3-4 Step left to left side – roll hip from right to left – Touch right beside left
- 5-6 Step right to right side
- &7 Close left beside right – Cross Right over left
- 8 Turn ½ left, weight on left

B: Slide Diagonal right fwd., Touch, Slide Diagonal left fwd., Touch , Step ½ Turn, Pivot Turn

- 9-10 Step right diagonal right forward – Touch left beside right
- 11-12 Step left diagonal left forward – Touch right beside left
- 13-14 Step right forward – Turn ½ left, weight on left
- 15-16 Turn ½ left, step right back – turn ½ left, step left forward

B: Toe Strut, Toe Strut, Rock Step, Coaster Step

- 17-18 Touch right Toe forward – Put Weight on right
- 19-20 Touch left toe forward – Put weight on left

21-22 Step right forward – Recover on left
23&24 Step right back – Close left beside right – Step Right forward

B: Out, Out, Double Heel Bounce, In, In, Step fwd., Swivel

25-26 Step left to left side – Step right to right Side
&27&28 Push both Knees forward and back – Push both Knees forward and back
29-30 Step right to the middle – Close left beside right
31&32 Step right forward – Swivel both Heels forward – Swivel both Heels back

Part A*: 16 counts

A*: Side, Hold, Together, Side Triple Step, Cross Rock, Side Triple Step with ¼ Turn

1-2 Right Step to right - Hold
3&4 Right to right side- Close Left beside Right – Step Right to right Side
5-6 Cross Left over Right – Revoer in Right
7&8 Step Left to left – Close Right beside left – Step left to left side

A*: Heel Grind ¼ Turn, Coaster Step, Rock Step, Coaster Step

9-10 Right Heel Forward – Turn ¼ right
11&12 Step Right Back – Step left next to right – Step Right forward
13-14 Step Left forward – Recover on Right
15&16 Step Left back – Close left beside right – Step Left forward

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