

Lay Low

拍数: 32 墙数: 4 级数: Improver - smooth: WCS
编舞者: Alexandra Hungerbühler (CH) - September 2014
音乐: Lay Low - Josh Turner : (iTunes)



[1-8] Walk, Walk, Step Lock Step, Rock Recover, ¼ turn left, left Chassé

1-2 RF step forward, LF step forward
3 & 4 RF step forward, LF step behind RF, RF step forward
5,6 LF step forward, recover to RF
7 & 8 ¼ turn left, LF step to left, RF step beside LF, LF step to left (9:00)

[9-16] Cross, Side, Sailor Step, Cross, Point, Behind, ¼ turn left, step Fwrd.

1-2 RF in front of LF, LF step to left
3 & 4 RF step behind LF, LF step beside RF, RF step to right
5-6 LF cross over RF, RF touch to right side
7 & 8 RF step behind LF, ¼ turn left, LF step forward, RF step forward (6:00)

[17-24] Rock Recover, Shuffle back, ½ turn right back, ½ Turn back right, ¼ turn right, right Chassé

1,2 LF step forward, recover to RF
3 & 4 LF step back, step right beside left, step left back
5,6 ½ turn right (12:00), RF step forward, ½ turn right (6:00), LF step back
7 & 8 ¼ turn right, RF step to right, LF step beside RF, RF step to side (9:00)

[25-32] Cross Rock, Recover, Chassé with ¼ Turn left, Pivot ½ turn left, Pivot ¼ turn left

1-2 LF cross over RF, recover weight onto RF
3 & 4 LF Step to left, RF step beside LF, ¼ turn left, LF step forward (6:00)
5,6 RF Step forward, ½ turn left (12.00)
7-8 RF step forward, ¼ turn left (9:00)

Start again ...

Restart: In the 4th wall (Start: 3 clock / Face: 9 clock) dance the first 16 counts. After the 16 counts must be a '&' to danced, then you are on the left and can start the dance from the beginning:

& Ball

& Zoom set LF to RF

Tag: In the 9th wall (Departure: 9 clock / Face: 3 clock) following addition dance:

[1-4] Rock Recover, Coaster Step

1,2 LF Step forward, recover to RF
3 & 4 LF Step back, RF step together, LF step forward

Enjoy and don `t forget to Smile!

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