

Just Lay Low

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Rick Culley (UK) - September 2014
音乐: Lay Low - Josh Turner



**** (Dedicated to Jean Webb for all her hard work) ****

Side Step, Side Chasse , Rock Forward, Recover, Coaster Step

1 - 2 Step right to side touch Left together.
3&4 Step Right Side Step left together Step right Side
5 - 6 Rock Left Forward recover weight on Right
7&8 Step Left back Step Right next to left Step left Forward.

Rock Side Recover, Crossing Shuffle, Side Behind , Sailor Step

1 - 2 Step Right to Right Recover on Left
3&4 Cross R over L small Step L to L side Cross R over L
5 - 6 Step L to L side cross R behind L
7&8 Step L back Step R next to L Step L Forward.

Rock Recover Coaster Step Rock Recover, 1/2 Turn Shuffle

1 -2 Rock Forward on R Recover on L
3&4 Step Back on R ,Step L next R Step Forward on R
5-6 Rock forward on L ,Recover on Left.
7&8 ½ turn left shuffle L R L

Right Shuffle, Step ¼ Turn, Walk Walk, Left Shuffle

1&2 Step R Forward ,Step left together, Step R Forward
3-4 Step Forward L ¼ R Turn
5-6 Walk L,R
7&8 Step L Forward ,Step R Together , Step Left Forward .

One Restart 4th Wall (3:00), do the first 16 counts then Restart the dance

Hope you enjoy

Contact: richarddculley@btinternet.com