

Just Lay Low Josh

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Roz Chaplin (UK) - October 2014
音乐: Lay Low - Josh Turner : (Single)



Starts on Vocals: 48 Counts

SIDE ROCK, BEHIND, SIDE, CROSS, SIDE ROCK, CROSS SHUFFLE

1-2 Rock right to right side, recover onto left
3&4 Cross right behind left, step left to left side, cross right over left
5-6 Rock left to left side, recover onto right
7&8 Cross left over right, step right to right side, cross left over right

½ TURN LEFT, SIDE, TOUCH, POINT, RIGHT SAILOR STEP, LEFT SAILOR STEP

1-2 Make ¼ turn left stepping back on right, ¼ turn left stepping left to left side (6)
3-4 Touch right beside left, point right to right side
5&6 Cross right behind left, step left to left side, step right to right side
7&8 Cross left behind right, step right to right side, step left to left side

JAZZ BOX, CROSS, SIDE, TOUCH, SIDE, TOUCH

1-4 Cross right over left, step back on left, step right to right side, cross left over right

Restart Here on Wall 5

5-8 Step right to right side, touch left beside right, step left to left side, touch right beside left

STEP PIVOT ½ TURN, SHUFFLE FORWARD, FULL TURN (Travelling Forward), STEP, DRAG

1-2 Step forward on right, pivot ½ turn left (12)
3&4 Step forward on right, close left beside right, step right beside forward
5-6 Make ½ turn right stepping back on left, ½ turn right stepping forward on right (6)
7-8 Step forward on left, drag right to left

CROSS, POINT, SAILOR ¼ TURN, STEP PIVOT ½ TURN, TRIPLE FULL TURN

1-2 Cross right over left, point left to left side
3&4 Make ¼ turn left crossing left behind right,(9) step right to right side, step left beside right
5-6 Step right forward, pivot ½ turn left (3)
7&8 Triple step full turn left stepping – right, left, right

Easy Option : 7&8 Shuffle forward stepping- right, left, right

KICK, STOMP, HEEL SWIVELS X2

1-4 Kick left forward, stomp left beside right, swivel both heels to left side, swivel heels in place
5-8 Kick right forward, stomp right beside left, swivel both heels to right, swivel heels in place
(Weight on left)

Restart Here Wall 2

RIGHT CHASSE, CROSS ROCK, LEFT CHASSE, BACK ROCK

1&2 Step right to right side, close left beside right, step right to right side
3-4 Cross rock left over right, recover onto right
5&6 Step left to left side, close right beside left, step left to left side
7-8 Rock back right behind left, recover onto left

STEP, HITCH, COASTER STEP, STEP, SCUFF, FORWARD SHUFFLE

1-2 Step forward on right, hitch left knee
3&4 Step back on left, step right beside left, step forward left
5-6 Step forward on right, scuff left gently forward

7&8

Step forward on left, close right beside left, step forward on left

START AGAIN

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