

Lay Low

拍数: 32 墙数: 4 级数: Improver
编舞者: Judy Rodgers (USA) - May 2015
音乐: Lay Low - Josh Turner : (New Single)



Alt. music: I'm in Heaven when I'm with you by Roy Hamilton; album: Lazy Hazy Sunday Afternoon

~48 count intro (Lay Low); 32 intro on 2nd song by Roy Hamilton (slower and bluesy – great practice song)

Step, cross rock, recover, shuffle, cross, turn ¼, turn ¼ shuffle

1 Step R to right side
2-3 Cross rock L over R, recover R
4&5 Shuffle to left L R L
6-7 Cross R over L, turn ¼ right step L back □ 3:00
8&1 Turn ¼ right shuffle R L R 6:00

Rock, recover, step lock step, rock, recover, turn ½ shuffle

2-3 Rock L fwd, recover R
4&5 Step lock step back L R L
6-7 Rock R back, recover L
8&1 Turn ½ left shuffle in place R L R (last R is beginning of dance) □ 12:00

***Lay Low – wall 4 Restart here starting with cnt 2

***I'm in Heaven when I'm with you – wall 6 restart here starting with cnt 2

Turn ¼ rock, recover, cross shuffle, walk, walk, mambo step

2-3 Turn ¼ left rock L to left side, recover R □ 9:00
4&5 Cross shuffle L R L
***Lay low – wall 9 restart here – replace cross shuffle with 1 count - cross L over R
6-7 Walk R, walk L fwd to right diagonal □ 10:30
8&1 Rock R fwd, recover L, step R back

Walk, turn ½ walk, rock, recover, turn 1/8, sway, sway, step right, together

2-3 Walk L back, turn ½ right step R fwd □ 4:30
4&5 Rock L fwd, recover R, turn 1/8 left step L to left side □ 3:00
6-7 Sway R, sway L
8& Step R to right side, L beside R

#2 Restarts when using Lay Low:

Wall 4 starts 9:00 – Restarts 9:00: Restart from beginning with count 2

Wall 9 starts 9:00 – Restarts 6:00: replace the cross shuffle with 'cross L over R' (cnt 4), Restart from beginning with count 1 □ □

*1 Restart when using I'm in Heaven when I'm with you: Wall 6 starts 3:00 – Restarts 3:00

Restart from beginning with count 2

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