

Lay Back

COPPER KNOB
BY REETLES

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Reet (UK) - July 2015
音乐: Lay Back In the Arms of Someone - Chris Norman



(No Tags/Restarts)

R.Chasse.-L.rock back rec.- L Chasse.-R.rock back rec..

1&2 3-4 Right Chasse, rock back on L.recover weight onto R.
5&6 7-8 Left Chasse, rock back on R. recover weight onto L.

Dip ¼ L.dig heel.-Dip ½ R.dig heel.-Dip ½ L.hook L.shuf fwd.

1-2 3-4 Side R..Dip ¼ L-L.heel fwd-Dip ½ R(weight L)-R.heel fwd.
5-6 7&8 Dip ½ L(weight R) hooking L.- L. shuffle fwd. (9.00)

Rock fwd R.rec-¾ triple turn R.-Cross L. ¼ L (R.bk) L.chasse

1-2 3&4 Rock fwd on R. rec bk on L.- ¾ triple turn over R. (6.00)
5-6 7&8 Cross L.over R.-Turn1/4 L.(back on R)- L.chasse. (3.00)

R. fwd Pivot ¼ L - Sway R-L -----Repeat

1-2 3-4 R. forward pivot turn ¼ L.- sway hips R - L. (12.00)
5-6 7-8 R. forward pivot turn ¼ L.- sway hips R.- L. (9.00)

Switches- L.to side hold-R.to side hold-L.to side hitch, cross & unwind ½ R. (weight L)

&1-2 &3-4 Weight R.touch L.to side-hold- Switch & touch R.to side-hold.
&5-6-7-8 Switch & touch L.to side, hitch L, cross over R.1/2 unwind R.(weight L) (3.00)

R.Sailor ¼ R.- Sway L-R -- L Chasse- R. Cross shuffle.

1&2 3-4 R.sailor turn ¼ R.- Sway hips L-R.
5&6 7&8 L.chasse - R over L with cross & cross. (6.00)

Touch L to side hold-Switch R to side hold-Switch L.to side hitch, cross & unwind ½ R. (weight L.)

&1-2 &3-4 Touch L. to side-hold. Switch & touch R. to side-hold
&5-6-7-8 Switch & touch L.to side-hitch L cross over R ½ unwind R. (weight L.) (12.00)

R.Sailor ¼ R.-Sway L-R – L.Chasse – ¼ R.Rocking back on R. rec.

1&2 3-4 R.sailor turn ¼ R. - Sway hips L-R (3.00)
5&6 7-8 L. chasse. - ¼ R. rocking back on R. recover onto L. (6.00)

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