

# Lay Back And Let It Ride EZ

COPPERKNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Newcomer / Novice  
编舞者: Lynn Card (USA) - July 2015  
音乐: It Feels Good - Drake White



Intro: 24 Counts

## WALK, CLAP CLAP, WALK, CLAP, CLAP CLAP, WALK, CLAP

1,2&3,4                      Walk R forward (1), Clap hands twice in front of you toward R diagonal (2&) Walk L forward (3), Clap hands once in front of you toward L diagonal (4)

**(for a little more fun take big steps forward with a little bend in your knee, with style)**

5,6&7,8                      Repeat counts 1,2&3,4 above

## WALK BACK R,L,R,L, RUN IN PLACE, STEP, 1/4 PIVOT TO LEFT

1,2,3,4                      Walk R back (1), Walk L back (2), Walk R back (3), Walk L back (4)

5&6&7,8                      Step R next to L (5), Step L in place (&), Step R in place (6), Step L in place (&), Step R forward (8), Pivot 1/4 turn to left shifting weight to L (8) (9 o'clock)

**Restart Here Wall 3 after 16 Counts facing 3 o'clock**

## CROSS, KICK BALL, CROSS, KICK, CROSS, KICK BALL, CROSS, KICK

1,2&3,4                      Cross R in front of L (1), Kick L to left diagonal (2), Ball step L behind R (&), Step R in front of L (3), Kick L forward to left diagonal (4)

5,6&7,8                      Cross L over R (1), Kick R to right diagonal (2), Ball step R behind L (&), Step L in front of R (3), Kick R forward to right diagonal (4)

## JAZZ BOX, SCUFF, STEP, 1/2 TURN TO RIGHT (HANDS OUT PALMS DOWN Optional)

1,2,3,4                      Cross R over L (1), Step L back (2), Step R to right (3), Scuff L forward (4)

5,6,7,8                      Step L forward, Pivot 1/2 turn slowly to right (3 o'clock)

**(Optional, as you turn put your hands out, palms down when lyrics say "lay back and let it ride") (For simple play on the words of the song. In Wall 7 shimmy shoulders when lyrics say "shake" instead of putting hands out)**

**Ending: The dance ends perfectly at the home wall after the slow 1/2 turn of counts 29 – 32**

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