

# Lay It All On Me

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: John Huffman (USA) - November 2015  
音乐: Lay It All on Me (feat. Ed Sheeran) - Rudimental : (Album: We The Generation)



**Intro: Dance starts after 32 counts (approx. 16 secs in) Weight on L**

## **Weave, Diagonal Rocking Chair**

1-2            1) Step R to side 2) Step L behind R  
3-4            3) Step R to side 4) Step L across R  
5-6            5) Rock R to R diagonal 6) Recover to L  
7-8            7) Rock R diagonally back 8) Recover to L (12:00)

## **Siderock, Recover, Cross, Hold, Side, Behind, 1/4, Hold**

1-2            1) Rock R to side 2) Recover to L  
3-4            3) Step R across L 4) Hold  
5-6            5) Step L to side 6) Step R behind L  
7-8            7) Turn 1/4 L step L fwd 8) Hold (9:00)

## **Rock, Recover, Back, Hold, Back x 3, Hold**

1-2            1) Rock R fwd 2) Recover to L  
3-4            3) Step R back 4) Hold  
5-6            5) Step L back 6) Step R back  
7-8            7) Step L back 8) Hold (9:00)

## **Coaster Step, Hold, Rock, Recover, Side, Touch**

1-2            1) Step R back 2) Step L to R  
3-4            3) Step R fwd 4) Hold  
5-6            5) Rock L fwd 6) Recover to R  
7-8            7) Step L to side 8) Touch R to L (9:00)

**Repeat, Have Fun**

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