

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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