

Lay Me Down In Darkness

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Val O'Connor (UK) - March 2017
音乐: Lay Me Down - Avicii : (Album: Truth)



Intro: 64 Counts (Music Only Playing)

S1: R SIDE, L BEHIND, SIDE R, TOUCH L, DIP L TOUCH R, DIP R TOUCH L

1-2-3-4 Step R to R side, cross L behind R, step R to R side, touch L next to R
5-6-7-8 Step L to L side as you dip down, touch R next to L, step R to R side as you dip down, touch L next to R

S2: SIDE L, R BEHIND, CHASSE ¼ L, KICK R, TOUCH BACK, R ROCK BACK

1-2-3&4 Step L to L side, cross R behind L, step L to L side,(&) step R next to L, ¼ L step forward on L (9)
5-6-7-8 Kick R forward, touch R back, rock back on R (sitting position), recover forward on L

S3: STEP FORWARD R, ½ R, R COASTER STEP, WALK LR, L KICK BALL CROSS

1-2-3&4 Step forward on R, ½ R stepping back on L, step back on R, (&) step L next to R, step forward R (3)
5-6-7&8 Walk forward LR, kick L forward, (&) step down on L, cross R over L

S4: DIP L, ¼ R HEEL, R FORWARD ROCK, WALK RL, R KICK BALL CROSS

1-2-3-4 Step L to L side as you dip down, turn ¼ R so R toes are pointing upwards, rock R forward , recover on L (6)
5-6-7&8 Walk forward RL, kick R to R diagonal, (&) step down on R, cross L over R (RESTART WALL 1)

S5: R SIDE ROCK, BEHIND AND CROSS, L SIDE ROCK , BEHIND ,SIDE, STEP FORWARD

1-2-3&4 Rock R to R side, recover on L, cross R behind L, (&) step L to L side, cross R over L
5-6-7&8 Rock L to L side, recover on R, cross L behind R, (&) step R to R side, step forward on L

S6: R & L CROSS POINTS, CROSS R, ½ L BOUNCE X3

1-2-3-4 Cross R over L, point L to L side, cross L over R, point R to R side
5-6-7-8 Cross R over L, bounce both heels 3 times as you turn ½ L (weight on R) (12) (RESTART WALL 5)

S7: L COASTER STEP, STEP R, ½ R, BACK RL, OUT RL, STEP BACK R

1&2-3-4 Step back on L, (&) step R next to L, step forward L, step forward R, ½ R step back on L (6)
5-6&7-8 Walk back RL, (&) step R to R side, step L to L side, step back on R

S8: L ROCK BACK, L KICK BALL STEP, CROSS BACK AND POINT HITCH

1-2-3&4 Rock back on L, recover on R, kick L forward, (&) step down on L, step forward on R
5-6&7- 8 Cross L over R, step back on R, (&) step L to L side, point R to R side, hitch R across L

END OF DANCE

Restarts: -

Wall 1 – Dance First 32 Counts Then Restart From Beginning Of Dance (Facing Back Wall)

Wall 5 – Dance First 48 Counts Quickly Transfer Weight Onto L Then Restart From Beginning (Facing Front)

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