

Lay Your Flowers

COPPER KNOB
BY STEPHEN GELL

拍数: 32 墙数: 4 级数: Improver
编舞者: Stephen Gell (UK) - August 2017
音乐: Lay Our Flowers Down - Lady A : (Album: The Shack Inspired By the OST)



Music Available On iTunes and Amazon UK

Intro: 16 Count Intro. (0.10)

Alternative Tracks

I Won't Let You Go by James Morrison The Awakening (Total Track Length 3:49) 108 bpm Intro: 32 (0.26)

Good Goes The Bye by Kelly Clarkson Piece By Piece (Deluxe Version) (Total Track Length 3:21) 86 bpm

Intro: 16 (0.14)

Good Time To Be Alive By Lady Antebellum (Total Track Length 3:12) 88 bpm Intro: 16 (0.12)

No Tags Or Restarts For Alternative Tracks

[1 – 9] Back, Back, ½ Turn Right, Left Mambo, Right Shuffle

- 1 – 3 Step back on left foot, Step back right, Make ½ turn right swivelling on both heels lifting toes (6:00)
- 4 & 5 Rock forward on left, recover right, Step back on left
- 6 – 7 Rock back on right, Recover left
- 8 & 1 Step forward right, Step forward left, Step forward right

[10 – 17] Step, ½ Turn Right, Full Turn Forward, Step, Right Mambo, Left Coaster

- 2 – 3 Step forward on left, Make ½ turn right (12:00)
- 4 & 5 Make ½ turn right stepping back on the left foot, Make ½ turn right stepping forward right, Step forward left

Option: 4&5 Left Shuffle forward

- 6 & 7 Rock forward on right, recover left, Step back on right
- 8 & 1 Step back on left, Step back right, Step forward left

[18 – 25] Step, ¼ Turn left, Right Cross Shuffle, Sway Left, Sway Right, behind Side Forward

- 2 – 3 Step forward right, Make ¼ turn left (9:00)
- 4 & 5 Cross right over left, Step left to left side, Cross right over left
- 6 – 7 Sway left, Sway right
- 8 & 1 Cross left behind right, Step right to right side, Step forward on the left

[26 – 32] Step, ½ Turn Left, Shuffle ½ Turn Left, Rock Recover, Left Mambo

- 2 – 3 Step forward right, Make ½ turn left (3:00)
- 4 & 5 Shuffle ½ turn left stepping right, left, right (9:00)
- 6 – 7 Step back left, Recover right
- 8 & (1) Rock forward left, Recover right, (Step back left)