

Lay It Back

拍数: 64 墙数: 0 级数: Advanced - Non-Country
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音乐: Perm - Bruno Mars



[1-8] Hitch R, Slide R, Hold, Ball Cross, Side Stomp L, Fan R Heel Toe Heel, Kick R, Step Back R

1,2,3 Hitch R Knee, Slide R, Hold
&4 Step Lf next to Rf on the ball of foot, Cross Rf in front of Lf
5,6&7 Stomp Lf to L Side, Fan Rf in towards the Lf Heel, Toe, Heel
8& Kick Rf fwd, Step Rf back

[9-16] Point Lf Fwd, Sway Body R,L,R,L, Slide Fwd, Touch Rf, Jump Out, Cross, Out, Cross

1,2,3,4 Point Lf fwd and keeping wait on Rf sway Body R, L, R, L
5,6 Slide Lf Fwd, Touch Rf next to LF
7&8& Jump both Feet Out, Jump feet across with Rf in front, Jump both Feet Out, Jump feet across with Lf in front

[17-24] Jump Feet Out, Twist L Knee In, Out, In, L Side Step, Touch Behind, Click x3

1,2,3,4 Jump Both Feet Out, transferring wait to Rf Twist L Knee In, Out, In
&5 Step Lf to L Side, Touch RF behind Lf
6,7,8 Click R hand, Low, Middle, High

[25-32] Walk x3 with ¾ Turn R, Press on Lf, Glide Back, Glide ¼ turn L x3

1,2,3 Walk in a circle R, L, R making a ¾ Turn R (facing 9.00)
4,5 Press on to Ball of Lf, Glide Back transferring press to Rf
6,7,8 Glide Fwd making a ¼ Turn L transferring press to Lf (facing 6.00), Glide Back making a ¼ Turn L transferring press to Rf (facing 3.00), Glide Side making a ¼ Turn L transferring wait to Lf (facing 12.00)

[33-40] Kick R, Step R, Lock L, Step R, Kick L, Touch Lf, Jump both Feet Out, Both Arms out, In, Up Jumping feet together, Brush Hands x2 stepping R Back, Click R

1&2& Kick Rf fwd, Step Rf Fwd, Lock Lf behind Rf, Step Rf Fwd
3&4 Kick Lf Fwd, Touch Lf next to Rf, Jump Both Out
5&6 Both hands out with elbows tuck close to ribcage index finger pointed, bring hands into hips, bring both hands up to your face shoulder width apart bent at the elbows as you jump both Feet together
7&8 Brush Hands past each x2 stepping Rf Back on (7), Click R hand back

[41- 48] Step L Fwd, Touch R, ½ Turn R Step R Fwd, Touch L, Step L Fwd, Touch R, ½ Turn R Step R Fwd, Touch L

1,2 Step Lf Fwd, Touch Rf behind Lf
3,4 Making ½ Turn R Step Rf Fwd (facing 6.00), Touch Lf behind Rf
5,6 Step Lf Fwd, Touch Rf behind Lf
7,8 Making ½ Turn R Step Rf Fwd (facing 12.00), Touch Lf behind Rf

[49-56] Slide L, Hold, Step R together Kicking L, Twist body and Leg, Cross, Side Cross, Side, Cross, Side rock , Recover

1,2 Slide Lf to L, Hold
3,4 Step Rf next to Lf as you Kick Lf to L Diagonal (facing 10.30), Twisted Body to face R Diagonal (leg should twist so knee is facing down, Body facing 1.30)

5&6& (Squaring up to 12.00) Cross Lf in front of Rf, Step Rf to R Side, Cross Lf in front of Rf, Step Rf to R Side
7&8 Cross Lf in front of Rf, Rock Rf to R Side, Recover on to Lf

[57-64] Cross R, ¼ Turn R Stepping L Back, ¼ Turn R Stepping Rf Fwd, ¼ Turn R Stepping L Back, Walk Back x4

1,2,3,4 Cross Rf in front of Lf, ¼ Turn R Stepping Back on Lf (facing 3.00), ¼ Turn R Stepping Fwd on Rf (facing 6.00), ¼ Turn R Stepping Back on Lf (facing 9.00)
5,6,7,8 Walk Back R, L, R, L (these walks can be stylized e.g. Mash potato, Moon walk etc.)

Tag: 80 count Tag after wall 4

[1-8] Stomp R, Fan Toe, Heel, Toe, Heel, Toe, Stomp L, Fan Toe, Heel, Toe, Heel, Toe

1 Stomp Rf to R Side
2&3&4 Fan Rf in towards Lf Toe, Heel, Toe, Heel, Toe
5 Stomp Of to Lf Side
6&7&8 Fan Lf in towards Rf Toe, Heel, Toe, Heel, Toe

[9-16] Kick Step Back Rock X3, Kick Out Out

&1&2 Kick Rf fwd, Step Rf next to Lf, Rock back on to Lf, Recover
&3&4 Kick Lf fwd, Step Lf next to Rf, Rock back on to Rf, Recover
&5&6 Kick Rf fwd, Step Rf next to Lf, Rock back on to Lf, Recover
7&8 Kick Lf Fwd, Step Lf to L Side, Step Rf to R Side

[17-24] R Hand on Hip, L Hand on Hip, Thrust, Reach L Hand out, Reach R Hand Out, Thrust

1,2 (Angling Body to 1.30) Swing R Hand back on to Right Hip, Swing L Hand to L Hip
3,4 Thrust Pelvis fwd
5,6 (Angling Body to 10.30) Reach Left Hand fwd, Reach R Hand Fwd
7,8 Thrust Pelvis fwd, Pulling arms in

[25-32] Slide R dragging Lf In, Click, Slide L dragging Rf In, Click

1,2,3,4 Slide R dragging Lf In towards Rf, sliding R hand from hip to overhead for 3 counts, Click (count 4)
5,6,7,8 Slide L dragging Rf In towards Lf, Sliding L Hand from Hip to overhead for 3 counts, Click (count 8)

[33-40] Push L Hand L, Push R Hand R, Ball Cross, Side, Ball Cross, Side

1,2 Push L Hand to L Side as you roll Body R
3,4 Push R Hand to R Side as you roll Body L
&5,6 Step on to Ball of Rf, Cross Lf in front of Rf taking R hand over the head, Step Rf to R Side
&7,8 Step on to Ball of Lf, Cross Rf in front of Lf taking L hand over the head, Step Lf to L Side

[41-48] Tap Both Hands on Head, Cross hands and tap both Shoulders, Tap Both Hands on Hips, change angle of Body, Tap Both Hands on Head, Cross hands and tap both Shoulders, Tap Both Hands on Hips, Hold

1,2 (Angling Body to 10.30) Tap Both Hands on Head, Cross Hands and Tap Both Shoulders
3,4 Tap Both Hands on Hips, change Body angle to 1.30
5,6 Tap Both Hands on Head, Cross Hands and Tap Both Shoulders
7,8 Tap Both Hands on Hips, Hold

[49-56] R Hand on Hip, L Hand on Hip, Thrust, Reach L Hand out, Reach R Hand Out, Thrust

1,2 (Angling Body to 1.30) Swing R Hand back on to Right Hip, Swing L Hand to L Hip
3,4 Thrust Pelvis fwd
5,6 (Angling Body to 10.30) Reach Left Hand fwd, Reach R Hand Fwd
7,8 Thrust Pelvis fwd, Pulling arms in

[57-64] Slide R dragging Lf In, Click, Slide L dragging Rf In, Click

- 1,2,3,4 Slide R dragging Lf In towards Rf, sliding R hand from hip to overhead for 3 counts, Click (count 4)
- 5,6,7,8 Slide L dragging Rf In towards Lf, Sliding L Hand from Hip to overhead for 3 counts, Click (count 8)

[65-72] Push L Hand L, Push R Hand R, Ball Cross, Side, Ball Cross, Side

- 1,2 Push L Hand to L Side as you roll Body R
- 3,4 Push R Hand to R Side as you roll Body L
- &5,6 Step on to Ball of Rf, Cross Lf in front of Rf taking R hand over the head, Step Rf to R Side
- &7,8 Step on to Ball of Lf, Cross Rf in front of Lf taking L hand over the head, Step Lf to L Side

[73-80] Tap Both Hands on Head, Cross hands and tap both Shoulders, Tap Both Hands on Hips, change angle of Body, Tap Both Hands on Head, Cross hands and tap both Shoulders, Tap Both Hands on Hips, Hold

- 1,2 (Angling Body to 10.30) Tap Both Hands on Head, Cross Hands and Tap Both Shoulders
- 3,4 Tap Both Hands on Hips, change Body angle to 1.30
- 5,6 Tap Both Hands on Head, Cross Hands and Tap Both Shoulders
- 7,8 Tap Both Hands on Hips, Hold
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