

# Lay It All On Me

**COPPER** **NOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Julie Carr (UK) - January 2018  
音乐: Lay It All On Me - Blackberry Smoke : (iTunes)



**Walk x2 LR, L Forward Rocking chair, L Side rock recover, L sailor 1/2 turn**

- 1-2      Walk forward twice L-R
- 3-4      Rock forward on L recover back on R
- 5-6      Rock out to L ,side recover side on R on R
- 7&8      Make a left Sailor 1/2 turn , cross L over R. (weight on left.

**R & L Side Step touch x 2, R kick ball cross, R Side rock recover on L, R ball step to L .**

- 1-2      Step R to R , touch L diagonal forward to L
- 3-4      Step L to L touch R diagonal forward ro R
- 5&6      Right kick ball cross L over R, ( kick R forward recover weight on R step on L .
- 7-8      R side rock out to R ,recover side L .( weight on L )

**R Ball Side Step ,L Figure Eight,**

- & 1-2      Bring R next to L step side L ,step R behind L
- 3-4      Step forward on L as you make 1/4 left turn as you step forward on R – (3 clock )
- 5-6      Make a 3/4 turn L ,weight on R ( 6 clock )
- 7-8      L behind R step forward on R as you make 1/4 turn R . ( 9 clock )

**L Forward Rock recover ,1/2 L Triple turn . R Forward rock recover,1/2 Triple turn.**

- 1-2      L forward rock, recover back on R
- 3&4      Make a 1/2 Triple turn L.
- 5-6, 7&8      R forward rock recover back on L , triple 1/2 turn R ( 9 clock)

**Thank you to my Boys for the track .xx**

**Last Update – 14th Feb. 2018**

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