

Don't Lay Your Head Down

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Novice
编舞者: Romain Brasme (FR) & Marlon Ronkes (NL) - August 2019
音乐: Don't Lay Your Head - Us The Duo



Start the dance at 00:28sec

[1-8] SHUFFLE W/ 1/4 TURN R - SHUFFLE W/ 1/2 TURN R - SHUFFLE W/ 1/2 TURN R - ROCKSTEP

- 1&2 RF shuffle with 1/4 turn R : RF step forward with 1/4 turn R (1), together (&), RF step forward (2) 03:00
- 3&4 LF shuffle backward with 1/2 turn R : LF step behind with 1/2 turn R (3), together (&), LF step behind (4) 09:00
- 5&6 RF shuffle forward with 1/2 turn R : RF step forward with 1/2 turn R (5), together (&), RF step forward (6) 03:00
- 7-8 LF rockstep forward : LF step forward (7), come back on RF (8)

[9-16] SHUFFLE - KICK BALL STEP - SKATE FORWARD X4

- 1&2 LF shuffle backward : LF step behind (1), together (&), LF step behind (2)
- 3&4 RF kick ball step forward : RF kick forward (3), together (&), LF step forward (4)
- 5-6 RF skate (5), LF skate (6)
- 7-8 RF skate (7), LF skate (8)

[17-24] CROSS - TOUCH - CROSS - TOUCH - STEP - BUMP - STEP - BUMP

- 1-2 RF cross over LF (1), LF touch to the L side (2) - optional shimmy -
- 3-4 LF cross over RF (3), RF touch to the R side (4) - optional shimmy -
- 5-6 RF step to the R side (5), bump your hips right (6)
- 7-8 LF step to L side (7), bump your hips left (8)

[25-32] ROCKING CHAIR - 1/4 TURN L - 1/4 TURN L

- 1-2 RF rockstep forward : RF step forward (1), come back on LF (2)
- 3-4 RF rockstep backward : RF step backward (3), come back on LF (4)
- 5-6 RF step forward (5), 1/4 turn L (6) 12:00
- 7-8 RF step forward (7), 1/4 turn L (8) 09:00

TAG 1 (16 counts, at the end of wall 2, 06:00)

[1-8] ROCKSTEP - SHUFFLE WITH 1/2 TURN R - ROCKSTEP - SHUFFLE WITH 1/2 TURN L

- 1-2 RF rockstep forward : RF step forward (1), come back on LF (2)
- 3&4 RF shuffle with 1/2 turn R : RF step forward with 1/2 turn R (3), LF next to RF (&), RF step forward (4) 12:00
- 5-6 LF rockstep forward : LF step forward (5), come back on RF (6)
- 7&8 LF shuffle with 1/2 turn L : LF step forward with 1/2 turn L (7), RF next to LF (&), LF step forward (8) 06:00

[9-16] ROCKSTEP - SHUFFLE WITH 1/2 TURN R - ROCKSTEP - SHUFFLE WITH 1/2 TURN L

- 1-2 RF rockstep forward : RF step forward (1), come back on LF (2)
- 3&4 RF shuffle with 1/2 turn R : RF step forward with 1/2 turn R (3), LF next to RF (&), RF step forward (4) 12:00
- 5-6 LF rockstep forward : LF step forward (5), come back on RF (6)
- 7&8 LF shuffle with 1/2 turn L : LF step forward with 1/2 turn L (7), RF next to LF (&), LF step forward (8) 06:00

TAG 2 (8 counts, at the end of wall 6 at 06:00 and at the end of wall 8 at 12:00)

[1-8] ROCKSTEP - SHUFFLE WITH 1/2 TURN R - ROCKSTEP - SHUFFLE WITH 1/2 TURN L

- 1-2 RF rockstep forward : RF step forward (1), come back on LF (2)
- 3&4 RF shuffle with 1/2 turn R : RF step forward with 1/2 turn R (3), LF next to RF (&), RF step forward (4)
- 5-6 LF rockstep forward : LF step forward (5), come back on RF (6)
- 7&8 LF shuffle with 1/2 turn L : LF step forward with 1/2 turn L (7), RF next to LF (&), LF step forward (8)

Have fun! romainbrasme@hotmail.fr

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