

Lay Down By My Side

拍数: 32 墙数: 4 级数: Improver NC
编舞者: Imam Wahyudi (INA) - March 2023
音乐: Help Me Make It Through the Night - Anne Murray



Start on vocals - Intro: 16 counts - No tag, No restart

SEC.I-BASIC NC, SIDE BEHIND, STEP 1/4 TURN RIGHT, PIVOT 1/2 TURN RIGHT, SPIRAL FULL TURN RIGHT

- 1- Big step RF to Right side
- 2- Drag LF to RF (slightly LF behind RF)
- &- Cross RF over LF
- 3- Big step LF to Left side
- 4- Drag RF to LF (slightly RF behind LF)
- &- Cross LF over RF
- 5- Big step RF to Right side
- 6- Drag LF to RF (slightly LF behind RF)
- &- Make a 1/4 turn Right stepping RF fwd
- 7- Step LF fwd
- &- Pivot 1/2 turn Right
- 8- Step LF fwd & spiral full turn Right (weight on LF)

SEC.II-STEP FWD, CROSS WITH SWEEP, SIDE, CROSS BEHIND, CROSS BEHIND WITH SWEEP, SIDE, CROSS ROCK, SIDE, CROSS ROCK, STEP 1/4 LEFT

- 1- Step RF fwd
- 2- Cross LF over RF with sweep from back to front
- &- Step RF to Right side
- 3- Cross LF behind RF
- 4- Cross RF behind LF with sweep from front to back
- &- Step LF to Left side
- 5- Step RF fwd & cross
- 6- Recover on LF
- &- Step RF to Right side (ball)
- 7- Step LF fwd & cross
- 8- Recover on RF
- &- Make a 1/4 turn Left stepping LF fwd

SEC.III-MAKE A 1/2 TURN LEFT SWEEP BACK 3X, SLOW COASTER STEP, FULL TURN LEFT, HIP SWAYS

- 1- Make a 1/2 turn Left stepping RF back while sweeping LF from front to back
- 2- Step LF back while sweeping RF from front to back
- 3- Step RF back while sweeping LF from front to back
- 4- Step LF back
- &- Step RF next to LF
- 5- Step LF fwd
- 6- Make a 1/2 turn Left stepping RF back
- &- Make a 1/2 turn Left stepping LF fwd
- 7- Step RF slightly to Right swaying hips Right
- 8- Sway Left (weight on LF)

SEC.IV-BACK ROCK, 1/2 TURN LEFT, BACK ROCK, 1/2 TURN RIGHT, TRIPLE FULL TURN RIGHT, PIVOT 1/4 TURN RIGHT, CROSS

- 1- Step RF back
- &- Recover on LF
- 2- Make a 1/2 turn Left stepping RF back
- 3- Step LF back
- &- Recover on RF
- 4- Make a 1/2 turn Right stepping LF back
- 5- Make a 1/2 turn Right slide RF fwd (small step)
- &- Step LF next to RF
- 6- Make a 1/2 turn Right slide RF fwd (small step)
- 7- Step LF fwd
- &- Pivot 1/4 turn Right
- 8- Cross LF over RF (weight on LF)

End of pattern & start over again

Enjoy & have fun!

Contact: imam60387@gmail.com
