

Lay Me Down

COPPERKNOB
BY STEPHEN

拍数: 16 墙数: 4 级数: High Beginner - Rolling 8
编舞者: Mike Liadouze (FR) - June 2024
音乐: Lay Me Down - Steven Rodriguez



Introduction: 8 counts

[1-8] CROSS, RUN AROUND ½ R, ROCK FWD, RUN BACK, ROCK BACK, RECOVER SWEEP, TWINKLE x2

1 Cross LF over RF
2&a ¼ turn R... Step RF forward, ⅛ turn R... Step LF forward, ⅛ turn R... Step RF forward (6:00)
3 Rock step LF forward
4&a Step RF back, Step LF back, Step RF back
5-6 Rock step LF back, Recover on RF forward sweeping LF forward
7&a Cross LF forward RF, Step RF side, Step LF diagonally forward L
8&a Cross RF forward LF, Step LF side, Step RF diagonally forward R

Restart here on 2nd wall (6:00) and on 6th wall (12:00)

[9-16] (CROSS ROCK, STEP SIDE) x2, ¼ L STEP SIDE, TOUCH, STEP SIDE, TWINKLE x2

1-2a Cross rock LF over RF, Recover on RF behind LF, Step LF side
3-4a Cross rock RF over LF, Recover on LF behind RF, Step RF side
5a6 ¼ turn R... Step LF side, Touch RF together, Step RF side (9:00)
7&a Cross LF forward RF, Step RF side, Step LF diagonally forward L
8&a Cross RF forward LF, Step LF side, Step RF diagonally forward R

TAG: after 9th wall (3:00) : STEP TURN ¼ R

1-2 Cross LF over RF, ¼ turn R... Step RF side (6:00)

Last Update: 8 Jul 2024