

Lay Down Sally

拍数: 68 墙数: 2 级数: Intermediate
编舞者: Marissa Canale (UK)
音乐: Lay Down Sally - Rod Stewart



FORWARD ROCK, RECOVER, SHUFFLE ½ TURN RIGHT, ROCK, RECOVER, COASTER STEP

1-2 Rock forward on right, recover on left
3&4 Shuffle ½ turn right on right, left, right
5-6 Rock forward on left, recover on right
7&8 Step back on left, step right next to left, step forward on left

STEP, ¼ TURN LEFT, FORWARD SHUFFLE, WEAVE LEFT, SIDE ROCK, RECOVER, CROSS

1-2 Step forward on right, turn ¼ left
3&4 Shuffle forward on right, left, right
5&6& Step left to side, step right behind left, step left to side, cross right over left
7&8 Rock left to side, recover on right, cross left over right

WEAVE RIGHT, SIDE ROCK, TURN ¼ LEFT, STEP, ¼ TURN RIGHT TWICE, CROSS ROCK, RECOVER SIDE

1&2& Step right to side, step left behind right, step right to side, cross left over right
3&4 Rock right to side, recover on left turning ¼ left, step forward on right
5-6 Turn ¼ right stepping left to side, turn ¼ right stepping right to side
7&8 Cross rock left over right, recover on right, step left to side

Restart: after step 24 on wall 3 (facing 6:00)

FORWARD ROCK, RECOVER, COASTER STEP, STEP, ¼ TURN RIGHT, FORWARD SHUFFLE

1-2 Rock forward on right, recover on left
3&4 Step back on right, step left next to right, step forward on right
5-6 Step forward on left, turn ¼ right
7&8 Shuffle forward on left, right, left

POINT, POINT, SAILOR ¼ TURN RIGHT, CROSS ROCK, RECOVER, CHASSE LEFT

1-2 Point right foot to front, point right foot to side
3&4 Step right foot behind left, step left foot to side turning ¼ right, step right foot next to left
5-6 Cross rock left over right, recover on right
7&8 Chasse left on left, right, left

ROCK BACK, RECOVER, SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, ¼ TURN LEFT, FORWARD SHUFFLE

1&2 Rock right behind left, recover on left, step right to side
3&4 Step left behind right, step right to side, cross left over right
5-6 Rock right to side, recover on left turning ¼ left
7&8 Shuffle forward on right, left, right

SIDE, TOGETHER, FORWARD, SIDE, TOGETHER, BACK, SWING, SWING, SAILOR ¼ TURN LEFT

1&2 Step left to side, step right next to left, step forward on left
3&4 Step right to side, step left next to right, step back on right
5-6 Swing left behind right, swing right behind left
7&8 Swing left behind right turning ¼ left, step right to side, step left next to right

SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS, FORWARD ROCK, RECOVER, FULL TURN RIGHT

1&2 Rock right to side, recover, cross right over left
3&4 Rock left to side, recover, rock left over right
5-6 Rock forward on right, recover on left
7&8 Full turn right on right, left, right

FORWARD MAMBO, BACK ROCK, RECOVER

1&2 Rock forward on left, step right in place, step left next to right
3-4 Rock back on right, recover on left

REPEAT
