

Lay It On Me

COPPER KNOB
BYEFOOTETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Harold Grimshaw (UK) - November 2013
音乐: Lay It On Me - Tim Ash : (Album: Up on Blocks)



Section 1: Side, Cross Rock, Side Close Back, Back Rock, Back 1/2 Left

1-2-3 Long Step Right, Left Cross, Rock back onto Right
4&5 Left Side, Close Right, Left back
6-7 Right back, Rock forward onto Left
8 (1/2 Left) Right Back

Section 2: Back Rock, Back 1/2 Right, Shuffle 1/2 Turn, Side Rock, Cross, Side

1-2 Left Back, Rock forward onto Right
3 (1 / 2 Right) Left Back
4&5 (1 / 2 Right) Right Shuffle forward
6&7 Left Side, Rock weight onto Right, Cross Left
8 Right Side

Section 3: Behind, Side Close 1/4, 1/4 Turn Rock Cross, Hinge 1/2 Turn Chasse

1 Left behind
2&3 Right Side, Close, 1/4 Right
4&5 (1/4 Right) Left Side Rock, Cross Left
6 (1/4 Left) Right Back
7&8 (1/4 Left) Left Side, Close, Side

Section 4: Cross, Point, Behind, Side Close Forward, Mambo Rock, Touch

1-2-3 Cross Right, Point Left Side, Left behind
4&5 Right Side, Close, Forward
6&7 Left Forward, Rock back onto Right, Left Back
8 Touch Right over Left

Contact: grimshaw121@sky.com
