

Lay Low

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Chris Kuchar - February 2015
音樂: Lay Low - Josh Turner



S1: Rock, recover, shuffle back; rock recover, shuffle forward

1,2,3&4 Rock forward on R, recover on L, Shuffle R,L,R back
5,6,7&8 Rock back on L, recover on R, Shuffle L,R,L forward

S2: R Cross Rock, Triple step, L Cross Rock, Triple Step

1,2,3&4 Cross Rock R over L, recover on L, Step R,L, R in place
5,6,7&8 Cross Rock L over R, recover on R, Step L,R,L in place

S3: Step R, Behind Side Cross, Rock R; Rock L, Behind Side Cross, Step L

1,2&3,4 Step side R, L foot behind, side R, cross L over R, rock R side
5,6&7,8 Rock side L, R foot behind, side L, cross R over L, step L side

S4: Step R, turn ¼ L, Coaster Step Back, Step Forward R; Rock L forward, Rock R back, Coaster Step Back

1,2&3,4 Step back R & pivot ¼ L, L foot back, R foot back next to L, L foot forward, step forward R
5,6,7&8 Rock L forward, rock R back, L foot back, R foot back next to L, L foot forward

S5: Double Touch R, Behind Side, Cross Shuffle L

1,2,3,4 Touch R toe to side and back close to L foot – twice
5,6,7&8 Step R behind L, step side L, cross R over L, step L behind R, cross R over L

S6: Double Touch L, Behind Side, Cross Shuffle R

1,2,3,4 Touch L toe to side and back close to R foot – twice
5,6,7&8 Step L behind R, step side R, cross L over R, step R behind L, cross L over R

S7: Lock Step & Brush R & L diagonals

1,2,3,4 Step Forward R to R corner, slide L behind, step R forward, Brush L foot forward
5,6,7,8 Step Forward L to L corner, slide R behind, step L forward, Brush R foot forward

S8: Step Slides Back – x4

1,2,3,4 Step Back R, slide L next to R, Step Back L, slide R next to L
5,6,7,8 Step Back R, slide L next to R, Step Back L, slide R next to L

TAG: After wall 4 at 12:00 - 4 heel drops in place.

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