

Lay Back and Let It Ride

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Candee Seger (USA) & Betsy Courant (USA) - July 2015
音樂: It Feels Good - Drake White



#24 count intro (dance starts on lyrics)

S1. Rock recover, ½ turn shuffle right, full turn right, side rock recover cross

123&4 Rock forward R, recover L, ½ turn shuffle over right shoulder (6:00)
5-6 ½ turn right stepping back on L, ½ turn right step forward R
7&8 Rock L to left side, recover R, cross L over R

S2. Side, hold, & side touch, ¼ left forward L, ½ left back R, left coaster step

12&34 Step R to right side, hold, step L next to R, step R to right side, touch L next to R
5-6 ¼ turn left step forward L, ½ turn left step back R (9:00)
7&8 Step back L, step R next to L, step forward L

S3. Walk RL, English cross, forward L, ¼ right, behind side crossing shuffle

1 2 Walk forward R L
&3 4 ¼ turn left step R to right side, cross L over R, ¼ turn right step forward R (9:00)
5 6 Step forward L, ¼ pivot right step R to right side □ (12:00)
7&8& Step L behind R, step R to right side, cross L over R, step R to right side

S4. Cross L over R, step side, 2 sailor steps (LR), L touch unwind ½ turn left

1 2 Cross L over R, step R to right side
3&4 Step L behind R, step R next to L, step L to left side
5&6 Step R behind L, step L next to R, step R to right side
7 8 Touch L behind R, ½ unwind turn over left shoulder taking weight onto L (6:00)

S5. Step R rock recover & L rock recover & step R, ½ turn left w/hitch, step (clap 2x)

12& Rock R to right side (1) recover L (2), step R next to L (&)
34& Rock L to left side (3) recover R (4), step L next to R (&)
5 6 Step forward R (5), ½ turn left with L knee hitched (6) □ (12:00)
7&8 Step L to left side (7), clap twice (&8) (claps optional)

S6. Cross rock recover step (R then L), forward R, ¼ pivot left, R kick ball touch

12& Cross R over L, recover L, step R to right side
34& Cross L over R, recover R, step L to left side
5 6 Step forward R, ¼ pivot left step L to left side
7&8 Kick R, step on R, touch L next to R (9:00)

S7. Tap L twice, tap R twice, forward L, ¼ right, behind side cross

12& Tap L heel forward twice, step L next to R
34& Tap R heel forward twice, step R next to L
5 6 Step forward L, ¼ pivot right step R to right side □ (12:00)
7&8 Step L behind R, step R to right side, step L forward & slightly over R

S8. R wizard step, L lock step, stomp bounce twice ¼ turn left, heel splits

12& Step forward R, step L behind R, step forward R
3&4 Step forward L, lock R behind L, step forward L
567 Stomp R, bounce both feet 2 times while making ¼ left turn (9:00)
&8 Toes home heels split from center (R to 10:30, L to 7:30) (&), return home (8)

Restart: 2nd wall after 16 counts
