

Lay Me Down

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Rachel Burgess (AUS) - July 2015
音樂: Lay Me Down (feat. John Legend) - Sam Smith



Intro: Start immediately (with lyrics=yes)

[1-8] □ HITCH, TOUCH, SWAY, TRIPLE FULL TURN, BACK/SWEEP, BACK/SWEEP, BEHIND, ½ TOGETHER, BACK, HOOK

- &1,2,3&4 Hitch R, touch R to R side, replace weight to R & sway hips to R, turn ¼ L & step fwd L, turn ½ L & step back R, turn ¼ L & step L to L side
- &5&6, 7&8& Turn to face 45degL (10:30) & step/hop back on R, sweep L around anticlockwise, step/hop back on L, sweep R around clockwise, step R behind L, turn ½ R to face 45degL (4:30) & step L beside R, step back R, hook L on R shin (4:30)

[9-16] □ FWD, TURN TOUCH, CROSS, SIDE, REPLACE, CROSS, TOUCH TURN, FULL TURN, FULL TURN, PIVOT ½, STEP

- 1&2&3&4 Step fwd L (still facing 45L (4:30)), turn 1/8th L (3:00) & touch R to R side, cross/step R over L, rock/step L to L side, replace weight to R, cross/step L over R, turn 1/8th L & touch R beside L (1:30)
- 5&6&7&8& (1:30) Step fwd R, turn ½ turn R & step back L, turn ½ R & step fwd R, turn ½ R & step back L, turn ½ R & step R, step fwd L, pivot ½ turn R (to 45R) step fwd L (7:30)

[17-24] □ TURN, TOUCH, ½ TOUCH, SWAY X 3, WALK, WALK, FWD, TURN STEP TGTHR, BACK, TGTHR

- 1,2,3&4 Turn ¼ turn L & touch R to R side (4:30), replace weight to R & turn ½ R & touch L to L side, sway hips L, R, L (10:30) (45degL)
- 5,6,7&8& Still facing 45L (10:30), Walk fwd R, L, step fwd R, turn 3/8th R (3:00) & step L beside R, step back R, step L beside R

[25-32] □ FWD, ½ BACK, ¼ SIDE/Drag, CROSS, ¼ BACK, SIDE/Drag, FULL TURN FWD, PIVOT ¾ R, SIDE

- 1&2,3&4 Step fwd R, turn ½ R & step back L, turn ¼ R & step R to R & dragging L (12:00), cross/step L over R, turn ¼ L & step back R, step L to L & dragging R (9:00)
- 5&6&7&8 Step fwd R, turn ½ R & step back L, turn ½ R & step fwd R, hook L behind R, step back L, turn ½ R & step fwd R, turn ¼ turn R & step to L (leaving R toe to R side) (6:00)

Begin Again!

Restarts: Wall 2. Dance counts 1-16 (up to the step fwd R), then turn R to face the front, stepping L to L on count (&).

Tag: End of wall 3, facing (6.00) (1) Sway R, (2) sway L, triple turn to R (3&4)

Tag: End of wall 5, facing (6.00).

- 1,2,3,4 Walk fwd R,L,R, pencil ½ turn R,
5,6,7,8 walk fwd L,R,L, pencil ½ turn L,
1,2,3,4 sway hips R,L,R,L,
5,6,7,8 turn full turn to R side & step L beside R. (weight L)

End: Wall 6, music slows down, keep with the beat & dance to count 17, then replace weight to R & slow sweep L around to front (arms out to side if you like)

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