

# Lay Back

COPPER KNOB  
BYEPOSTHEATS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Reet (UK) - July 2015  
音樂: Lay Back In the Arms of Someone - Chris Norman



( No Tags/Restarts )

**R.Chasse.-L.rock back rec.- L Chasse.-R.rock back rec..**

1&2 3-4      Right Chasse, rock back on L.recover weight onto R.  
5&6 7-8      Left Chasse, rock back on R. recover weight onto L.

**Dip ¼ L.dig heel.-Dip ½ R.dig heel.-Dip ½ L.hook L.shuf fwd.**

1-2 3-4      Side R..Dip ¼ L-L.heel fwd-Dip ½ R(weight L)-R.heel fwd.  
5-6 7&8      Dip ½ L(weight R) hooking L.- L. shuffle fwd. (9.00)

**Rock fwd R.rec-¾ triple turn R.-Cross L. ¼ L (R.bk) L.chasse**

1-2 3&4      Rock fwd on R. rec bk on L.- ¾ triple turn over R. (6.00)  
5-6 7&8      Cross L.over R.-Turn1/4 L.(back on R)- L.chasse. (3.00)

**R. fwd Pivot ¼ L - Sway R-L -----Repeat**

1-2 3-4      R. forward pivot turn ¼ L.- sway hips R - L. (12.00)  
5-6 7-8      R. forward pivot turn ¼ L.- sway hips R.- L. (9.00)

**Switches- L.to side hold-R.to side hold-L.to side hitch, cross & unwind ½ R. ( weight L)**

&1-2 &3-4      Weight R.touch L.to side-hold- Switch & touch R.to side-hold.  
&5-6-7-8      Switch & touch L.to side, hitch L, cross over R.1/2 unwind R.(weight L) (3.00)

**R.Sailor ¼ R.- Sway L-R -- L Chasse- R. Cross shuffle.**

1&2 3-4      R.sailor turn ¼ R.- Sway hips L-R.  
5&6 7&8      L.chasse - R over L with cross & cross. (6.00)

**Touch L to side hold-Switch R to side hold-Switch L.to side hitch, cross & unwind ½ R. ( weight L.)**

&1-2 &3-4      Touch L. to side-hold. Switch & touch R. to side-hold  
&5-6-7-8      Switch & touch L.to side-hitch L cross over R ½ unwind R. (weight L.) (12.00)

**R.Sailor ¼ R.-Sway L-R – L.Chasse – ¼ R.Rocking back on R. rec.**

1&2 3-4      R.sailor turn ¼ R. - Sway hips L-R (3.00)  
5&6 7-8      L. chasse. - ¼ R. rocking back on R. recover onto L. (6.00)

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