

Lay Back And Let It Ride EZ

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Newcomer / Novice
編舞者: Lynn Card (USA) - July 2015
音樂: It Feels Good - Drake White



Intro: 24 Counts

WALK, CLAP CLAP, WALK, CLAP, CLAP CLAP, WALK, CLAP

1,2&3,4 Walk R forward (1), Clap hands twice in front of you toward R diagonal (2&) Walk L forward (3), Clap hands once in front of you toward L diagonal (4)

(for a little more fun take big steps forward with a little bend in your knee, with style)

5,6&7,8 Repeat counts 1,2&3,4 above

WALK BACK R,L,R,L, RUN IN PLACE, STEP, 1/4 PIVOT TO LEFT

1,2,3,4 Walk R back (1), Walk L back (2), Walk R back (3), Walk L back (4)

5&6&7,8 Step R next to L (5), Step L in place (&), Step R in place (6), Step L in place (&), Step R forward (8), Pivot 1/4 turn to left shifting weight to L (8) (9 o'clock)

Restart Here Wall 3 after 16 Counts facing 3 o'clock

CROSS, KICK BALL, CROSS, KICK, CROSS, KICK BALL, CROSS, KICK

1,2&3,4 Cross R in front of L (1), Kick L to left diagonal (2), Ball step L behind R (&), Step R in front of L (3), Kick L forward to left diagonal (4)

5,6&7,8 Cross L over R (1), Kick R to right diagonal (2), Ball step R behind L (&), Step L in front of R (3), Kick R forward to right diagonal (4)

JAZZ BOX, SCUFF, STEP, 1/2 TURN TO RIGHT (HANDS OUT PALMS DOWN Optional)

1,2,3,4 Cross R over L (1), Step L back (2), Step R to right (3), Scuff L forward (4)

5,6,7,8 Step L forward, Pivot 1/2 turn slowly to right (3 o'clock)

(Optional, as you turn put your hands out, palms down when lyrics say "lay back and let it ride") (For simple play on the words of the song. In Wall 7 shimmy shoulders when lyrics say "shake" instead of putting hands out)

Ending: The dance ends perfectly at the home wall after the slow 1/2 turn of counts 29 – 32

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