

# Lay You Down Easy

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 2      級數: Improver  
編舞者: Suzi Beau (ENG) - June 2016  
音樂: Lay You Down Easy (feat. Sean Paul) - MAGIC!



Intro : Start 8 Counts after heavy beat (rapping) on the words "I know you don't believe me"

## SECTION 1: R COASTER STEP, STEP 1/4 CROSS, CHASSE R, BACK ROCK SIDE

1&2      Step back on R, Step L together, Step forward R  
3&4      Step fwd L, pivot 1/4 R, Cross L Over R  
5&6      Step R to R side, Close L to R, Step R to R side  
7&8      Rock back on L , recover on R, Step L to L side

## SECTION 2: BEHIND 1/4 L FORWARD, L SHUFFLE, R MAMBO KICK BACK KICK BACK

1&2      Step R behind L, Turn 1/4 L Stepping L fwd, Step R fwd  
3&4      Step fwd L, Close R to L, Step fwd L  
5&6      Rock fwd on R, Recover on L, Step back on R  
&7&8      Kick L fwd, Step back L, Kick R fwd, Step back R

## SECTION 3: COASTER 1/4 R MAMBO 1/2 TURN 3/4 R CROSS SHUFFLE

1&2      Step back on L, Close R to L, Step L fwd turning 1/4 R  
3&4      Rock fwd on R, recover on L, Turn 1/2 R stepping fwd R  
5,6      Turn 1/2 R stepping back L, Turn 1/4 R stepping R to R side  
7&8      Cross L over R, Step R to R side, Cross L over R

## SECTION 4. BUMP & SIDE, SAILOR STEP, TOUCH BEHIND UNWIND, SHUFFLE 1/2 HITCH

1&2      Step on to ball of R bumping hip R up, Bump hip L, Step R to R side  
3&4      Step L behind R, Step R to R side, Step L in place  
5,6      Touch R back, unwind 1/2 bending knees, keeping weight on R  
7&8&      Shuffle 1/2 L stepping L, R L, Hitch R

No Tags Or Restarts Yippee Xxx

Contact: [susanj.beaumont@ntlworld.com](mailto:susanj.beaumont@ntlworld.com)