

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

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