

Lay Down and Dance

COPPERKNOB
BY STEPHEN HETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Randy Pelletier (USA) - November 2017
音樂: Baby Lets Lay Down And Dance - Garth Brooks



Intro: 32 Beats in

[1-8] □ □ HEEL SWITCHES, STEP, TOUCH, SIDE, TOUCH, KICKBALL CROSS

1 & 2 & Touch right heel forward, step right next to left, touch left heel forward, step left next to right
3, 4 Take big step right forward, touch left next to right
5, 6 Step left to side, touch right next to left
7 & 8 Kick right foot toward right diagonally, step down on right, cross left over right

[9 - 16] □ □ ROCK RECOVER, ¼ RIGHT SAILOR, TRAVELING HIP BUMPS LEFT & RIGHT

1 - 2 Rock right to side, recover weight to left,
3 & 4 Cross right behind left, turning ¼ right step left to side, step right to side
5 & 6 Step left diagonally forward bumping hips LRL
7 & 8 Step right diagonally forward bumping hips RLR

[17 - 24] □ □ ROCK, RECOVER, COASTER, ROCK, RECOVER, ½ RIGHT TURNING SHUFFLE,

1 - 2 Rock left forward, recover weight to right
3 & 4 Step left back, step right next to left, step left forward
5, 6 Rock right forward, recover weight to left
7 & 8 Shuffle ½ turn right stepping right, left, right.

**** (Replace Shuffle 7&8 with ½ turn right stepping right, left on wall 5 and restart dance)**

[25 - 32] □ □ LEFT VAUDEVILLE, SYNCOPATED RIGHT WEAVE, CROSSING SHUFFLE,

1 - 2 Step left to side, step right behind left
&3 & 4 Step left to side, touch right heel forward, step right in place, cross left over right
5 - 6 Step right to side, step left behind right
&7 & 8 Step right to side, cross left over right, step right next to left, cross left over right

**** (Restart here on 3rd & 6th wall)**

[33 - 40] □ □ ROCK, RECOVER, BEHIND, SIDE, CROSS (RIGHT & LEFT)

1 - 2 Rock right to right side, recover weight to left
3 & 4 Cross, right behind left, step left to left side, cross right over left
5 - 6 Rock left to left side, recover weight to right
7 & 8 Cross, left behind right, step right to right side, stomp left next to right (Slightly forward)

[41 - 48] SYNCOPATED POINTS R&L, ½ TURN RIGHT MONTEREY, KICK BALL CHANGE

1 & 2 & Point right to side, step right next to left, point left to side, step left next to right
3 - 4 Touch right toe to right side, turn ½ right stepping right next to left
5 - 6 Touch left toe to left side, step left next to right (Weighted)
7 & 8 Kick right forward; step right next to left, step left forward

REPEAT

#3 RESTARTS

On 3th wall Restart dance after count 32, You will be facing 3 O'clock when the restart occurs

On 5th wall Replace Shuffle 23&24 with ½ turn right stepping right, left on wall 5 and restart dance

On 6th wall Restart dance after count 32, You will be facing 12 O'clock when the restart occurs

Last Update - 27th Oct 2016

