

Lay Down and Dance

拍數: 32 牆數: 4 級數: Novice
編舞者: Fiona Murray (IRE) & Roy Hadisubroto (IRE) - October 2016
音樂: Baby Let's Lay Down and Dance - Garth Brooks



Intro: □ Start after 32 counts of intro music

Sequences: Dance, Tag (2x) Dance, Tag (2x) Dance, Dance, Tag (1x) Dance, Dance, Dance Tag (3x)

[1 – 8] □ Dorothy Step, Extended Lockstep, Syncopated Jazzbox, ¼ Turn R □

1 – 2 & Step R diagonally forward (1), Cross L behind R (2), Step R diagonally forward (&) □ 12:00
3 & 4 & Step L diagonally forward (3), Cross R behind L (&), Step L diagonally forward (4), Cross R
behind L (&) □ 12:00
5 – 6 Step L diagonally forward (5), Cross R over L (6) □ 12:00
7 & 8 Step L backwards (7), Turn ¼ R and Step R to R side (&), Cross L over R (8) □ 3:00

[9 – 16] □ Touch Side, Cross, Touch Side, Cross, Heel Switches, Swivel □

1 - 2 Touch R to R side (1), Cross R over L (2) □ 3:00
3 - 4 Touch L to L side (3), Cross L over R (4) □ 3:00
5 & 6 & Touch R heel forward (5), Step R next to L (&), Touch L heel forward (6), Step L next to R (&)
□ 3:00
7 & 8 Touch R forward (7), Swivel both heels to R (&), Swivel both heels back to centre (8) □ 3:00

[17 – 24] □ Touch Back, ½ Turn R, Step, 1/4 Turn R, Side Mambo Cross (2x), Heel Jack, Ball Step □

1 - 2 Touch R backward (1), Turn ½ R and step R forward (2) □ 9:00
3 & 4 Turn ¼ R and Rock L to L side (3) Recover on R (&), Cross L over R (4) □ 12:00
5 & 6 Rock R to R side (5), Recover on L (&), Cross R over L (6) □ 12:00
& 7 & 8 Step L to L side (&), Touch R heel diagonally forward (7), Step R next to L (&), Step L
forward (8) □ 12:00

[25 – 32] □ Brush, Hitch, Step Back, Brush, Hitch, Step, Back, ¼ Turn R, Knee Pops □

1 & 2 Brush R forward (1), Hitch R Knee up (&), Step R backwards (2) □ 12:00
3 & 4 Brush L forward (3), Hitch L Knee up (&), Step L backwards (4) □ 12:00
5 – 6 Turn ¼ R and step R to R side, keep weight in the middle (5), Pop both knees (6) □ 3:00
7 - 8 Pop both knees (7), Pop both knees (8) □ 3:00

Note □ The brush, hitch, step, back (count 1 – 4 of the last section) can be done while hopping on the standing leg. □

Tag: □

1 - 8 Shuffle, Shuffle, Turn ½ L, Kick Ball Change
1 & 2 Step R forward (1), Close L behind R (&), Step R forward (2) □ 12:00
3 & 4 Step L forward (3), Close R behind L (&), Step L forward (4) □ 12:00
5 - 6 Step R forward (5), Turn ½ L and step L forward (6) □ 6:00
7 & 8 Kick R forward (7), Step R next to L on ball of R (&), Step L next to R (8) □ 6:00

Note □ The very last time doing the Tag turn ¼ L to finish at 12:00 □

Order of dance □ Dance, Tag (2x) Dance, Tag (2x) Dance, Dance, Tag (1x) Dance, Dance, Dance Tag (3x) □

START AGAIN AND HAVE FUNNNN □