

Lay Down & Dance

拍數: 48 牆數: 4 級數: Improver
編舞者: Vikki Morris (UK) - November 2016
音樂: Baby Let's Lay Down and Dance - Garth Brooks



Start 32 counts, just before vocals

S1: R Rock Recover, R Cross Shuffle, L Rock ¼ R, L Lock Step

1 2 Rock Right to Right side, Recover on Left
3&4 Cross Right over Left, Step Left to Left side, Cross Right over Left
5 6 Rock Left to Left side, Turn ¼ Turn Right (3 o'clock)
7&8 Step forward Left, Lock Right behind Left, Step forward Left

S2: R Rock Recover, Triple Full Turn, L Rock Recover, ¼ L Chasse

1 2 Rock forward Right, Recover on Left
3&4 Turn full turn over Right on Right, Left, Right (Right Coaster non-turning option)
5 6 Rock forward Left, Recover on Right
7&8 Turn ¼ turn Left stepping Left to Left side, Step Right next to Left, Step Left to Left side
(12 o'clock)

S3: R Cross, L Side, R Behind, L Side, R Cross, Stomp L, HOLD, R Back Rock Recover

1 2 Cross Right over Left, Step Left to Left side
3&4 Cross Right behind Left, step Left to Left Side, Cross Right over Left
5 6 Stomp Left large step to Left side, HOLD ****Tag & Restart here wall 5 (12 o'clock), see note

7 8 Rock back on Right, Recover on Left

S4: R Kick Ball Cross, R Rock Recover, ¼ R Coaster, L Shuffle Forward

1&2 Kick Right to Right diagonal, Step back on Right, Cross Left over Right
3 4 Rock Right to Right side, Recover on Left
5&6 Turn ¼ turn Right stepping back on Right, Step Left next to Right, Step forward Right (3 o'clock)
7&8 Step forward Left, Step Right next to Left, Step forward Left
****Restart here walls 3 (9 o'clock) & 6 (3 o'clock) ****

S5: R Cross Rock Recover, R Chasse, L Cross, R Side, L Behind, R Side, L Cross

1 2 Cross rock Right over Left, Recover on Left
3&4 Step Right to Right side, Step Left next to Right, Step Right to Right side
5 6 Cross Left over Right, Step Right to Right side
7&8 Cross Left behind Right, Step Right to Right side, Cross Left over Right

S6: Rock R Recover, Flick R, R Cross Shuffle, Back L, R Side, L Cross, CLAP x2

1 2 Rock Right to Right side, Recover on Left as you flick Right to Right side
3&4 Cross Right over Left, Step Left to Left side, Cross Right over Left
5 6 Step back on Left, Step Right to Right side
7&8 Cross Left over Right, CLAP hands twice

NOTE: Tag & Restart:

Wall five there is a pause for three counts in S3 where the Stomp L is, Count 5 for the stomp, hold for 6 7 8, then Restart the dance from the beginning (you can shout out the numbers for fun 5,6 7,8)

If using the album version (3.10), the restarts are on walls 3 & 7. The Tag and Restart is on wall six after count 4, Stomp Left, hold for 3 counts then Restart. The UK bands are using the backing track to the 2.52

version.

Last Update – 28th Nov 2016
