

As I Lay Me Down

拍數: 32 牆數: 4 級數: Improver
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音樂: As I Lay Me Down - Wiktoria



Intro : 4 counts

S1: Dorothy Step, Heel Switches (2X)

1-2& Rf step forward on right diagonal, Lf lock behind Rf, Rf step forward on right diagonal (&)
3&4& Lf touch heel forward, Lf step together (&), Rf touch heel forward, Rf step together (&)
5-6& Lf step forward on left diagonal, Rf lock behind Lf, Lf step forward on left diagonal (&)
7&8& Rf touch heel forward, Rf step together (&), Lf touch heel forward, Lf step together (&)

S2: Step, 1/4 Turn L, Cross Shuffle, Slide L, Sailor With 1/4 Turn R

1-2 Rf step forward, make 1/4 turn left stepping Lf left (9.00)
3&4 Rf cross in front of Lf , Lf step left (&), Rf cross in front of Lf
5-6 Lf make slide left, Rf drag next to Lf (weight remains on Lf)
7&8 Rf cross Lf , make 1/4 turn right stepping Lf left (&), Rf step right (12.00)

S3: Heel Grind With 1/4 Turn L, Coaster, Rock/Recover, Shuffle R With 1/4 Turn R

1-2 Lf dig heel in front and across Lf toes in, make 1/4 turn left on heel of Lf toes out stepping Rf back (9.00)
3&4 Lf step back, Rf step together (&), Lf step forward
5-6 Rf rock forward, recover onto Lf
7&8 make 1/4 turn right stepping Rf right (12.00), Lf step together (&), Rf step right

S4: Cross, 1/4 Turn L, Back, Shuffle Back, Rock/Recover, Full Turn L (R, L)

1-2 Lf cross on front of Rf, make 1/4 turn left stepping Rf back (9.00)
3&4 Lf step back, Rf step together (&), Lf step back
5-6 Rf rock back, recover onto Lf
7-8 make full turn left (R, L)

(Easier option : walks R,L)
