

Lay It

拍數: 64 牆數: 4 級數: Improver
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音樂: Lay It On Me - Chris Young



Intro: 32 counts

S1: TOE STRUT FORWARD X 2, JAZZ BOX (with cross)

1-2 Touch Right Toe Forward, Drop Right Heel
3-4 Touch Left Toe Forward, Drop Left Heel
5-6 Cross Right over Left, Step Left Back
7-8 Step Right Side, Cross Left Over Right

S2: TOE STRUT SIDE X2, KICK, KICK, STEP, KICK

1-2 Touch Right Toe to Side, drop right Heel
3-4 Cross Touch Left Toe over right, drop left heel
5-6 Kick diagonally right forward x 2
7-8 Step Right Together, Kick diagonally right forward

Restart Here in wall 4

S3: BEHIND SIDE CROSS, KICK, BEHIND, SIDE, CROSS, KICK FORWARD ¼ TURN RIGHT

1-2 Cross right behind left, step left side
3-4 Cross right over left, Kick diagonally left forward
5-6 Cross left behind right, step right side
7-8 Cross left over right, turn ¼ right and Kick right forward

S4: BACK-KICK X 2, COASTER STEP, SCUFF

1-2 Step right back, kick left forward
3-4 Step Left Back, kick right forward
5-6 Step Right back, step left together
7-8 Step right forward, Scuff left

S5: LOCK STEP FORWARD, SCUFF, ROCKING CHAIR

1-2 Step left forward, Cross right behind left
3-4 Step left forward, Scuff right
5-6 Rock right forward, recover
7-8 Rock right back, recover

S6: STEP, HOLD+SNAPS, TURN ½ LEFT, HOLD+SNAPS, TOE STRUTS (R&L)+SNAPS

1-2 Step right forward, Hold + snaps
3-4 Turn ½ Left, Hold + snaps
5-6 Touch Toe right to side, drop right heel + snaps
7-8 Touch Left Toe to side, drop left heel + snaps

S7: RUMBA BOX FORWARD, RUMBA BOX BACK

1-2 Step right side, Step left together
3-4 Step right forward, Touch left together
5-6 Step left side, step right together
7-8 Step left back, Touch right together

Restart here in walls 2 & 5

S8: VINE RIGHT, VINE LEFT

1-2 Step right side, cross left behind right

3-4 Step right side, Touch left together
5-6 Step left side, Cross right behind left
7-8 Step Left Side, Scuff right

REPEAT

RESTARTS:-

Walls 2 & 5 after Rumba Box

Wall 4 after count 16 (kick-kick-step-kick)

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