

# Lay Down & Dance

**COPPER KNOB**  
STEPSHEETS

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Janet Hicks - March 2017  
音樂: Baby Lets Lay Down And Dance - Garth Brooks



## #32 Ct Intro

### S1: WALK FORWARD –TRIPLES

1-2            Walk Fwd R-L,  
3&4            Triple Forward □R-L-R  
5-6            Walk Fwd L-R  
7&8            Triple Forward □L-R-L

### S2: ROCK, RECOVER, COASTER STEP X 2

1-2            Rock Forward On R, Recover Weight On L  
3&4            Step Back R, Step Together L, Step R Forward  
5-6            Rock Forward On Left, Recover Weight On R  
7&8            Step Back L, Step Together R, Step Forward L

### S3: SAILOR STEPS WITH 1/4 TURNS

1&2            Right Sailor- Step R Behind L, Step Side L, Step R To Right Side  
3&4            Left Sailor- Step L Behind R, Step R To Side, Step L To Side 1/4 Turn Left  
5& 6            Right Sailor –Step R Behind L, Step Side L, Step R To Right Side  
7&8            Left Sailor- Step L Behind R, Step R To Side, Step L To Side 1/4 Turn Left - 6 o'clock

### S4: HEEL SWITCHES—WALK FORWARD X2

1&2&            Touch R Heel Forward, Step On R, Touch L Heel Forward, Step On L  
3-4            Walk Forward R-L  
5&6&            Touch R Heel Forward, Step On R, Touch L Heel Forward, Step On L  
7-8            Walk Forward R-L

\*\*\*\*RESTART HERE ON 3RD WALL FACING 6 o'clock

### S5: HALF TURNS WITH COASTER STEPS

1-2            Step Forward R, Step Forward L - Making ½ Turn Right  
3&4            Step Back R, Step Together With L, Step Forward R  
5-6            Step Forward L, Step Forward R- Making ½ Turn Left  
7&8            Step Back L, Step Together With R, Step Forward L - 6 O'clock

\*\*\*\*RESTART HERE ON 6th WALL FACING 12'oclock

### S6: KICK BALL CHANGE X 2 SIDE TOUCHES—HEEL SWITCHES

1&2            Kick R Forward, Step On Ball Of Right Foot, Step On Left Foot  
3&4            Repeat 1&2 Above  
5&6            Touch Rt Toe To Right, Step R Next Left, Touch L Toe To Left Side  
&7&8&            Step L Next To R ,Touch R Heel Forward , Step On Right, Touch L Heel Forward, Step On L

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