

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 o'clock

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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