

Just Lay Low (P)

COPPER **NOB**
BY STEPHEN PISTOIA

拍數: 32 牆數: 0 級數: Improver Partner
編舞者: Stephen Pistoia (USA) - September 2017
音樂: Lay Low - Josh Turner : (iTunes)



Intro: 32 counts

Side by side position. Man's FT work described. Women same.

(1-8) STEP LOCK SHUFFLE. STEP LOCK SHUFFLE

1-2 step RF forward, step LF up behind RF
3&4 step RF forward, step LF next to RF, step RF forward
5-6 step LF forward, step RF up behind LF
7&8 step LF forward, step RF next to LF, step LF forward

(9-16) ROCK RECOVER COASTER STEP, ROCK RECOVER SHUFFLE ½ turn

1-2 step RF forward, recover on LF
3&4 step RF backwards, step LF next to RF, step RF forward
5-6 step LF forward, recover on RF
7&8 step LF ½ turn LT, step RF next to LF, step LF forward

(right here drop the right hands and pick back up after pivot)

(17-24) PIVOT ½ TURN LT, CROSS POINT X 3

1-2 step RF forward, pivot ½ turn LT on LF
3-4 step RF forward, point LF out to LT
5-6 cross LF over RF, point RF out to RT
7-8 cross RF over LF, point LF out to LT

(25-32) WALK WALK SHUFFLE JAZZBOX

1-2 step LF forward, step RF forward
3&4 step LF forward, step RF next to LF, step LF forward
5-6 cross RF over LF, step LF back
7-8 step RF out to RT, step LF next to RF

Any questions contact me @ pistoias@ymail.com