

# Lay It All On Me

**COPPER** **KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Julie Carr (UK) - January 2018  
音樂: Lay It All On Me - Blackberry Smoke : (iTunes)



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## Walk x2 LR, L Forward Rocking chair, L Side rock recover, L sailor 1/2 turn

1-2      Walk forward twice L-R  
3-4      Rock forward on L recover back on R  
5-6      Rock out to L ,side recover side on R on R  
7&8      Make a left Sailor 1/2 turn , cross L over R. (weight on left.)

## R & L Side Step touch x 2, R kick ball cross, R Side rock recover on L, R ball step to L .

1-2      Step R to R , touch L diagonal forward to L  
3-4      Step L to L touch R diagonal forward ro R  
5&6      Right kick ball cross L over R, ( kick R forward recover weight on R step on L .  
7-8      R side rock out to R ,recover side L .( weight on L )

## R Ball Side Step ,L Figure Eight,

& 1-2      Bring R next to L step side L ,step R behind L  
3-4      Step forward on L as you make 1/4 left turn as you step forward on R – (3 clock )  
5-6      Make a 3/4 turn L ,weight on R ( 6 clock )  
7-8      L behind R step forward on R as you make 1/4 turn R . ( 9 clock )

## L Forward Rock recover ,1/2 L Triple turn . R Forward rock recover,1/2 Triple turn.

1-2      L forward rock, recover back on R  
3&4      Make a 1/2 Triple turn L.  
5-6, 7&8      R forward rock recover back on L , triple 1/2 turn R ( 9 clock)

Thank you to my Boys for the track .xx

Last Update – 14th Feb. 2018

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