

Lady Lay Down

拍數: 48 牆數: 4 級數: Improver waltz
編舞者: Pia Rossen (DK) - January 2018
音樂: Lady Lay Down - Dancelife



Intro 12 counts. Weight on right foot.

Tags: 2 different tags:

Tag 1; 3 counts after wall 1 and 3

Tag 2: 6 counts after wall 2

Sequence: 48, Tag 1, 48, Tag 2, 48, Tag 1, 48, 48, 26 + Ending.

(1-6) L twinkle, R twinkle 1/4 R

1-3 cross L over R, step R to R diagonal, step L to L diagonal

4-6 cross R over R, turn 1/4 R stepping back on L step R to R side

(7-12) Step L, point R hold, step R back, point L hold

1-3 step L fwd, point R to R side, hold,

4-6 step back on R, point L to L side, hold.

(13-18) L basic back 1/2 L, R basic back

1-3 step L fwd, step R fwd, turn 1/2 L , stepping back on L

4-6 step R back, step L next to R, change weight to R

(19-24) 1/4 L turning box

1-3 step L fwd turning 1/4 L step R to R side, step L next to R

4-6 step R back, step L to L side, step R next to L

(25-30) L cross rock, side, R cross rock, 1/4 R, step R fwd

1-3 cross L over R, recover back on R, step L to L side

4-6 cross R over L , recover on L turn 1/4 R, stepping R fwd

(31-36) L basic fwd, R basic back

1-3 step L fwd, step R next to L, change weight to L

4-6 step R back, step L next to R, change weight to R

(37-42) Weave, R step slide

1-3 cross L over R, step R to R side, cross L behind R

4-6 step R a big step to R side, drag L towards R , touch L next to R

(43-48) L Rolling vine, R cross rock, side

1-3 turn 1/4 stepping L fwd, turn 1/2 step R back, turn 1/4 step L to L side

4-6 cross R over L, recover back on L, step R to R side

Start again.

Tag 1:

1-3 cross L over R, step R a big step to R, drag L towards R

Tag 2 :

1-3 step L fwd, point R to R side, hold

4-6 step R back, point L to L side, hold.

Ending: wall 6 is the last wall. Dance to count 26. facing 3.00. turn 1/4 stepping L fwd,

Now facing 12.00. sweep R over 2 counts, pose.

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