

Lay You Down Easy

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Beginner
編舞者: Daniel Trepát (NL) - May 2016
音樂: Lay You Down Easy (feat. Sean Paul) - MAGIC!



Intro: 8 counts from first heavy beat in music (aprom. 10 sec into track)

[1 – 8] 1/8 turn L 2x, Cross, Side, Syncopated Weave

1 – 2 Step R forward (1), 1/8 turn L recovering weight on L (2) (Option: you can make a hip turn)
10:30
3 – 4 Step R forward (3), 1/8 turn L recovering weight on L (4) (Option: you can make a hip turn)
9:00
5 – 6 Cross R over L (5), Step L to L side (6) 9:00
7&8 Cross R behind L (7), Step L to L side (&). Cross R over L (8) 9:00

[9 – 16] Continuous Shuffle L, Rockstep, Shuffle R

1&2& Step L to L side (1), Step R next to L (&), Step L to L side (2), Step R next to L (&), 9:00
3&4 Step L to L side (3), Step R next to L (&), Step L to L side (4)
5 – 6 Rock R back (5), Recover on L (6) 9:00
7&8 Step R to R side (7), Step L next to R (&), Step R to R side (8) 9:00

[17 – 24] Cross, Side, Sailor ¼ turn L, Rockstep, Coasterstep

1 – 2 Cross L over R (1), Step R to R side (2) 9:00
3&4 Cross L behind R (3), ¼ turn L stepping R slightly to R (&), Step L forward (4) 6:00
5 – 6 Rock R forward (5), Recover on L (6) 6:00
7&8 Step R back (7), Step L next to R (&), Step R forward (8) 6:00

[25 – 32] Rock forward-Side-Back, Step, Touch, Side, Hip Bumps 2x

1&2& Rock L forward (1), Recover on R (&), Rock L to L side (2), Recover on R (&), 6:00
3&4 Rock L back (3), Recover on R (&), Step L to L side
5 – 6 Touch R next to L (5), Step R to R side (6) 6:00
7&8 Transfer weight on L & bump hip to L (7), Recover hip to R (&), Bump hip to L (8) 6:00

HAVE FUN AND I AM LOOKING FORWARD TO DANCE WITH YOU AGAIN!