

Lay Down Sally

拍數: 56 牆數: 2 級數: Intermediate
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音樂: Lay Down Sally - Stuart Moyles



STEP LOCK STEP, HOLD, STEP, TURN, STEP, HOLD

1-2-3-4 Right step fwd, lock left behind right, right step fwd, hold
5-6-7-8 Left step fwd, turn ½ right, step left fwd, hold

TURN, TURN, STOMP, STOMP, RIGHT FWD, LEFT BACK

1-2 Turn ½ left and right step back, turn ½ left and left step fwd
3-4 Stomp right in place, stomp left together
5-6 Right step in diagonally fwd, left together
7-8 Left step in diagonally back, right together

BACK, CROSS, BACK, HOLD, ROCK, TURN, STEP, SCUFF

1-2-3-4 Right back, cross left over right, right back, hold
5-6 Turn ½ left and left rock step fwd, recover on right and turn ½ left
7-8 Left step fwd, right scuff

CROSS, KICK, KICK, CROSS, KICK, STEP, STOMP, HOLD (JUMPING)

1-2 Cross right over left and left hook behind right, left step in place and kick right fwd and turn ¼ left
3-4 Right in place and kick left fwd, cross left over right and right hook behind left and turn ¼ left
5-6 Right rock back, recover on left
7-8 Stomp right beside left, hold

STEP, LOCK, STEP, HOLD, ROCK STEP, TURN, SCUFF

1-2-3-4 Right step fwd, lock left behind right, right step fwd, hold
5-6 Left rock step fwd, recover on right
7-8 Turn ½ left and left step fwd, right scuff

RIGHT JAZZ BOX, SCUFF, LEFT JAZZ BOX, STOMP

1-2-3-4 Cross right over left, left out back, right out back, left scuff
5-6-7-8 Cross left over right, right out back, left out back, right together

HEEL, TOE, HEEL, TOE, HEEL, HEEL, FLICK, SCUFF

1&2 Right heel fwd, right together, left toe out back
3&4 Left heel fwd, left together, right toe out back
5&6 Right heel fwd, right together, left heel fwd
&7-8 Left in place, right flick, right scuff

*1st restart: At 3rd wall after 16 counts

**2nd restart: At 7th wall after 32 counts

REPEAT

HAVE FUN !!