

As I Lay Me Down

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Micaela Svensson Erlandsson (SWE) - December 2020
音樂: As I Lay Me Down - Wiktoria



Intro - 4 counts

Section 1: Side Rock. Cross Shuffle. Side Rock. Cross Shuffle.

1-2 Rock right to right side. Recover onto left.
3&4 Cross right over left. Step left to left side. Cross right over left.
5-6 Rock left to left side. Recover onto right.
7&8 Cross left over right. Step right to right side. Cross left over right.

Section 2: Side Rock. Behind. Side. Cross. Side Rock. Behind. ¼ turn right.

1-2 Rock right to right side. Recover onto left.
3&4 Cross right behind left. Step left to left side. Cross right over left.
5-6 Rock left to left side. Recover onto right.
7&8 Cross left behind right. Turn ¼ right stepping forward on right. Step forward on left.

Restarts here: Wall 4 (Facing 12 O'clock) Wall 6 (Facing 6 o'clock) 10(Facing 6 O'clock)

Section 3: Rock Step. Coaster Step. Step ½ Turn right. Forward Shuffle.

1-2 Rock forward on right. Recover onto left.
3&4 Step back on right. Step left beside right. Step forward on right.
5-6 Step forward on left. Turn ½ right.
7&8 Step forward on left. Close right beside left. Step forward on left.

Section 4: Rock Step. Coaster Step. Step ½ Turn right. Forward Shuffle.

1-2 Rock forward on right. Recover onto left.
3&4 Step back on right. Step left beside right. Step forward on right.
5-6 Step forward on left. Turn ½ right.
7&8 Step forward on left. Close right beside left. Step forward on left.

*****3 Restarts , all after 16 counts**

*** 1st during wall 4 facing 12 o'clock**

**** 2nd, during wall 6 (facing 6 O'clock)**

***** 3rd during wall 10 (facing 6 O'clock)**