

Laying Low

拍數: 64 牆數: 2 級數: Improver
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音樂: Layin' Low (feat. Jooyoung) - Hyolyn



Restart On Wall 2 and 5

Tag2X (twice in a row) After Wall 1 and 3, Tag after wall 5

Intro : 16c

S1: Walk R, Hold, Walk L, Hold, Walk R, Hold, Walk L, Hold

1234 Step Rf frwd, Hold, Step Lf frwd, Hold

5678 Step Rf frwd, Hold, Step Lf frwd, Hold

S2: Coaster Step, Touch Lf to L, Drag, Step On Ball

1234 Step Rf back, Step Lf beside Lf, Step Rf frwd, Touch Lf to L

5678 Drag Lf towards Rf (5,6,7), Step Lf beside Rf (8)

S3: Paddle Full Turn Left

1234 Step Rf frwd, ¼ L Recover LF, Step Rf frwd, ¼ Recover LF

5678 Step Rf frwd, ¼ L Recover LF, Step Rf frwd, ¼ Recover LF

S4: Step Side, Touch, Step Side, Touch

1234 Step Rf to R, Hold, Touch Lf beside Rf, Hold (Snap R fingers out on count 3,4)

5678 Step Lf to L, Hold, Touch Rf beside Lf, Hold (Snap R fingers out on count 7,8)

Restart here on Wall 2 and 5

S5: Diagonal Touch, Body Roll Twice, Back, ½ L Frwd, Frwd, Hold

1234 1/8R Touch Rf frwd do body roll twice each for 2count (1-2, 3-4) (01.30)

5678 Step Rf back, ½ L Step Lf frwd, Step Rf frwd, Hold (07.30)

S6: Touch, Body Roll Twice, Back, 3/8 R Step Frwd, Frwd, Hold

1234 Touch Lf frwd and do body roll twice each for 2count (1-2, 3-4)

5678 Step Lf back, 3/8 R Step Rf frwd (12.00), Step Lf frwd, Hold

S7: Frwd, Hold, Side Touch, Frwd, Hold, Side Touch

1234 Step Rf frwd, Hold, Touch Lf to L, Hold

5678 Step Lf frwd, Hold, Touch Rf to R, Hold

S8: Out, Out, Head Roll, Pivot ½ L

1234 Step Rf to R, Hold, Step Lf to L, Hold

5678 Head Roll clockwise from R to L (5,6), Step Rf frwd, ½ L step Lf frwd (06.00)

TAG: 16C

S1: Step On Ball bring R-Arm Out, Step On Ball bring L-Arm Out, Step On Ball bring R-Arm Up, Step On Ball bring L-Arm Up

1-8 Step Rf on ball open R-Arm to R (1-2), Step Lf on ball open L-Arm to L (3-4), Step Rf on ball raise R-Arm up (5-6), Step Lf on ball raise L-Arm up (7-8)

S2: Make a slow ½ L Turn Touch down and Hitching Rf, slowly bring both arm down

1234 Keep weight on Lf Touch Rf on ball, Hitch Rf, 1/8 L Touch Rf on ball, Hitch Rf

5678 1/8 L Touch Rf on ball, Hitch Rf, 1/4 L Touch Rf on ball, Hitch Rf

(1-8 Slowly bring both arm down)

Have fun!

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