

Lay Down (Your Arms - Vlad is Bad)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Rex Allott (UK) - February 2022
音樂: Lay Down - Caravan Palace



Intro - 16 beats

S1. R heel, toe, swivel, rpt L, step R back, return, R kick ball step

1&2&. Tap R heel fwd, swivel R toe back next to L, rpt
3&4&. Tap L heel fwd, swivel L toe back next to R, rpt
5-6. Step R back (bending knees & leaning body back), return next to L
7&8. Kick R fwd, step R back, step L next to R

S2. L vine, step L over R, L side mambo cross, step drag L to R, R coaster step

1&2&. Step L to L, step R behind L, step L to L, step R over L
3&4. Step L to L, step R to R, step L over R
5-6. Step R to R, drag L next to R
7&8. Step R back, step L. next to R, step R fwd

S3. Step drag L to R x 2, step drag R to L x 2

1-2. Step R to R, drag L next to R (styling - move shoulders, hips & knees appropriately)
3-4. Rpt 1-2.
5-6. Step L to L, drag R next to L (styling - as above)
7-8. Rpt 5-6

S4. L Volta step turning 1/2 R, R mambo cross turning 1/4 R, L mambo step

1&2&. Turning 1/4 R step L over R, step R behind L, rpt
3&4& Rpt 1&2&
5&6. Cross R over L, turning 1/4 R step L back, step R fwd
7&8. Step L fwd, step R back, step L next to R

Tag 1.

S1. R toe out R, hold x 2, return, L toe out L, hold x 2, return turning 1/4 L, R toe out R, hold x 2, return turning 1/4 R, L toe out L, hold x 2, return turning 1/4 L

1&2&. Point R toe diagonally out R, hold, hold, step R next to L
3&4&. Point L toe diagonally out L, hold, hold, step L straight back turning 1/4 L
5&6&. Point R toe diagonally out R, hold, hold, step R straight back turning 1/4 R
7&8&. Rpt 3&4&.

Repeat x 3 (starting & finishing @ 12 o'clock)

Tag 2.

S1. Cross L R, hold x 3, R side mambo step, rpt R

1&2&. Cross R over L, hold x 3
3&4&. Step R to R, step L next to R, step L to L, step R next to L
5&6&. Cross L over R, hold &
7&8&. Step L to L, step R next to L, step R to R, step L next to R

S2. Dorothy step, hold, R, L, R mambo step, 1/2 step turn R

1&2&. Step R diagonally R, step L behind R, step R diagonally R, hold
3&4&. Step L diagonally L, step R behind L, step L diagonally L, hold
5&6. Step R fwd, step L back, step R next to L
7-8. Turning 1/2 R, step R fwd, step L next to R

Repeat (changing S2. 5&6 to a shuffle 1/2 turn R so that you finish facing 3 o'clock)

Tag 3.

S1. Syncopated vine R, step back on R, chasse L

- 1-2. Step R to R, step L behind R
- &3-4. Step R to R, step L to L, step R next to L
- 5-6. Step L back, fwd
- 7&8. Step L to L, step R next to L, step L to L

S2. R coaster step, L mambo step, stomp R, L, R kick ball step (to finish)

- 1&2. Step R back, step L back, step R fwd
- 3&4. Step L fwd, step R back, step L next to R
- 5-6. Stomp R, L
- 7&8. Kick R fwd, step L back, step R next to L

Tag 1. after 4th S4.

Tag 2. after 5th S4.

Tag 3. after 6th S4. to finish

This dance is dedicated to the brave citizens of Ukraine. Feb 24th 2022

Come on World - don't let the bad guys win!
