

Lay Low

拍數: 32 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - March 2023
音樂: Lay Low - Tiësto : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(Intro: 16 counts)

[S1] Fwd-Hitch, &-Step w/ Sweep 1/2R Turn, Sailor Step, Cross Rock-Side Rock

1 2& Step forward on R, Hitch L knee forward, Step back on L
3 4 Step R beside L making a ½ turn left /sweeping L around over 2 counts (6:00)
5&6 Step L behind R, Step R to the side, Step L to the side
7&8& Rock R over L, Replace weight on L, Rock R to the side, Replace weight on L

[S2] Cross, 1/4R, Side, Cross-Unwind 1/2R, Touch-Unwind 1/2R-Side-Together

1 2 3 Cross R over L, Make a ¼ turn right stepping back on L (9:00), Step R to the side
4 5 Cross L over R, Make a ½ unwind turn right recover weight on L (3:00)
6 7 Cross/touch R behind L, Make a ½ unwind turn right recover weight on R (9:00)
8& Step L to the side, Step R together

[S3] Step-Pivot 1/4R, Fwd, R Side Roll, Side, Hold, Behind Rock-Recover-Rock

1 2 3 Step forward on L, Make a ¼ turn right recover weight on R (12:00), Step forward on L
4& Make a ¼ turn left stepping forward on R (3:00), Make a ½ turn left stepping back on L (9:00)
5 6 Make a ¼ turn right stepping R to the side (12:00), Hold
7&8 Rock L ball behind R, Replace weight on R, Step back on L ball

[S4] Cross (Replace), 1/4R, 1/4R, Fwd Rock, 1/2L, 1/4L, C Swivel

1 2 Replace/cross R over L, Make a ¼ turn right stepping back on L (3:00)
3 4& Make a ¼ turn right stepping forward on R (6:00), Rock forward on L, Replace weight on R
5 6 Make a ½ turn left stepping forward on L (12:00), Make a ¼ turn left stepping R to the side (9:00)
7 8 Weight on R heel- swivel R toes to the side/touch L behind R, Replace R toes to the centre/step L to the side

Tag at the end of Wall 5 (9:00)

1 2& Step forward on R, Hitch L knee forward, Step back on L
3 4& Step R beside L making a ½ turn left /sweeping L around (3 4) (3:00), Rock back on L (&),
Replace weight on R to start Wall 6

Ending suggestion: The last wall finishes at 3:00 o'clock.
Make a swift ¼ turn left stepping R close to L (12:00)

(updated: 28/Feb/23)