

Lay You Down

拍數: 32 牆數: 4 級數: Improver
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音樂: Lay You Down - So Seductive Sounds



Intro: 4 Counts - No Tags, No Restart

[1-8] 2x Step, Anchor Step, Point back, ½ Turn with Body roll, Coaster Step

1-2 RF step forward – LF step forward
3&4 RF little step back – LF close next to RF – RF little Step back
5-6 LF point backward – ½ turn left, roll your Body up to down (weight on RF) 6:00
7&8 LF back – RF close next to LF – LF step forward

[9-16] Step, ¼ Turn, ½ Turn, Sways

1 RF step forward
2 ¼ Turn right, LF Step side 9:00
3-4 ½ Turn right, RF Step Side, Starting with sway to the right 3:00 – finish your sway to the right
5-6 slowly change your weight to LF and sway to left
7&8 Sway right – left – right (Weight at the end on RF)

[17-24] ¼ Turn, ½ Turn, Triple Step back, 2x Step back w. Swivels, Coaster Cross

1-2 ¼ Turn left, LF Step forward 6:00 – ½ Turn left, RF Step back 12:00
3&4 LF step back – RF close next to LF – LF step back
5-6 RF step back, swivel left toe out – LF step back, swivel right toe out
7&8 RF step back – LF close next to RF – RF cross in front of LF

[25-32] Side-Together-Cross, Hinge Turn, Cross Triple Step, Side-1/4Turn-Step

1&2 LF step side – RF close next to LF – LF cross in front of RF
3-4 ¼ Turn left, RF step back 9:00 – ¼ turn left, LF step side 6:00
5&6 RF cross in front of LF – LF step side – RF cross in front of LF
7&8 LF step side – ¼ Turn right, RF close next to LF 3:00 – LF step forward

Start dance again
