

Lay a Step

拍數: 32 牆數: 4 級數: Improver
編舞者: Zan Tan (SG) - November 2024
音樂: Step - LAY



Intro: 16cts

Tag: Hold 4cts after wall 9

Ending: Modify the last 4 counts of wall 10 into JB $\frac{3}{4}$ L to face front wall.

Sec 1 Walk LRL, Hold, L Heel Jack, L Ball step, R Cross Shuffle

1 2 3 4 Walk fwd starting with LF, RF, Lf (123), hold (4) 12:00

&5 6 Step ball on RF and heel jack on LF (&5), hold (6)

&7&8 Step ball on LF (&), R cross shuffle (7&8)

Sec 2 Step Back L, Side Step R, Cross L, Hold, $\frac{1}{4}$ R Side Step, Point L, Hold, L Ball Step, R Cross Shuffle

1 2 3 4 Step LF back (1), step RF to side (2), cross LF over R (3), hold (4)

&5 6 $\frac{1}{4}$ R stepping RF to side, point LF to side (&5), hold (6) 3:00

&7&8 Step LF next to R (&), RF cross shuffle (7&8)

Sec 3 $\frac{1}{4}$ L Fwd Rock, Recover, L Back, Hold/Drag, Step R back, Roll L knee, Step L back, Roll R Knee

1 2 3 4 $\frac{1}{4}$ L Rock LF fwd (1), recover on RF (2), Long step backwards on LF (3), hold or drag RF towards LF (4) 12:00

5 6 7 8 Step RF slightly backwards (5), roll L knee in (6), step LF slightly backwards (7), roll R knee in (8)

Sec 4 Toe Switches, Hold, Jazz Box $\frac{1}{4}$ L

&1&2&3 Step RF down and point LF to side (&1), step LF down and point RF to side (&2), step RF down and point LF to side (&3)

4 5 6 Hold (4), cross LF over R (5), turn $\frac{1}{8}$ L stepping RF back (6)

7 8 turn $\frac{1}{8}$ L step LF to side (7), step RF fwd (8) 9:00

Ending: Cross LF over R (5), turn $\frac{1}{4}$ L stepping RF back (6), turn $\frac{1}{4}$ L stepping LF fwd (7), turn $\frac{1}{4}$ L stepping RF to side (&), touch LF behind R and point RH to R side and LF above head to R side (8)

Happy danzin!

Stop worrying about what can go wrong, and get excited about what can go right!