

# Lady Lay Down

COPPERKNOB  
STEP SHEETS

拍數: 48      牆數: 4      級數: Improver waltz  
編舞者: Mikael Mölsä (FIN)  
音樂: Lady Lay Down - Dancelife



## RISE & FALL BASIC

1-2-3      Step left to left side, step right next to left, step left forward  
4-5-6      Step right to right side, step left next to right, step right back

## SYNCOPATED TURN, ROCK STEP, SIDE

1-2&3      Step left forward and turn  $\frac{1}{4}$  to left, step right to right side, step left behind right, step right to right side  
4-5-6      Rock left over right, recover weight back to right, step left to left side

## TWINKLE, TWINKLE, STEP-TURN-TURN, STEP-TURN-TURN

1-2-3      Cross step right over left, step left to side, step right in place  
4-5-6      Cross step left over right, step right to side, step left in place

## $\frac{1}{2}$ TURNS

1-2-3      Step right over left, step left back and turn  $\frac{1}{4}$  to right, step right to side and turn  $\frac{1}{4}$  to right  
4-5-6      Step left over right, step right back and turn  $\frac{1}{4}$  to left, step left to side and turn  $\frac{1}{4}$  to left

## ROCK STEP, SIDE, ROCK STEP, SIDE

1-2-3      Rock right over left, recover weight on left, step right to side  
4-5-6      Rock left over right, recover weight on right, step left to side

## STEP, STEP, $\frac{1}{2}$ TURN PIVOT, FULL TURN

1-2-3      Step right forward, step left forward, turn  $\frac{1}{2}$  to right  
4-5-6      Turn  $\frac{1}{4}$  to left while stepping left forward, turn  $\frac{1}{4}$  to left while stepping right forward, turn  $\frac{1}{2}$  to left while stepping left forward

## ROCK STEP, BACK, $\frac{1}{2}$ TURN, $\frac{1}{2}$ SWEEP

1-2-3      Rock right forward, recover weight on left, step right back  
4-5-6      Turn  $\frac{1}{2}$  to left while stepping left forward (4), sweep right next to left while turning  $\frac{1}{2}$  to left (5-6)

## ROCK STEP, BACK, $\frac{1}{2}$ TURN, $\frac{1}{2}$ SWEEP

1-2-3      Rock right forward, recover weight on left, step right back  
4-5-6      Turn  $\frac{1}{2}$  to left while stepping left forward (4), sweep right next to left while turning  $\frac{1}{2}$  to left (5-6) (weight ends on the right foot)

## REPEAT

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