

Lay Down Beside Me

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jess Chilton (UK)
音樂: Last Request - Paolo Nutini



SKATE, ROCK RECOVER, TRIPLE ½ TURN, STEP ½ TURN

1-2 Skate right foot, left foot
3&4 Rock forward on right, recover on left, step right next to left
5&6 Turning a ½ turn left step left, right, left
7&8 Step forward on right, make a ½ turn left, step forward on right

SWAY, SWAY & STEP, COASTER STEP, HEEL & HEEL

1-2& Sway out to the left, sway to the right, & step left next to right
3-4& Sway out to the right, sway to the left, & step right next to left
5&6 Step left back, close right beside left, step left forward
7&8 Point right heel forward & step right next to left, point right heel forward

SIDE, BACK RECOVER SIDE, BEHIND SIDE CROSS, UNWIND, COASTER STEP

1-2& Step left to left side, rock back on right recover on left
3-4& Step right to right side, step left behind right, step right to right side
5-6 Cross left over right, over 1 beat unwind ½ a turn going right
7&8 Step back on right, step left next to right, step right forward

STEP PIVOT ½, STEP PIVOT ¼, HEEL, HEEL, HEEL, STOMP

1-2 Step forward on left, pivot ½ turn right
3-4 Step forward on left, pivot ¼ turn right
5&6& Point left heel forward & step left next to right, point right heel forward & step right next to left
7&8 Point left heel forward & step left next to right, stomp right heel down

REPEAT

TAG

The tag is on wall 1 and wall 3

STEP, DRAG, WALK, WALK, CROSS UNWIND, COASTER STEP

1-2& Step back on right foot, drag your left foot to your right & step down on left
3-4 Walk forward right foot the left foot
5-6 Cross your right foot over your left, turning left, unwind ¾ turn (weight on right foot)
7&8 Step left foot back, close right next to left, step left foot forward

SWAY, SWAY, BEHIND SIDE CROSS, POINT, POINT, ¼ SAILOR TURN TOUCH

1-2 Sway out to the right side, sway out to left side
3&4 Step right behind left, step left to left side, cross right over left
5-6 Point left foot forward, point left foot to left side
7&8 Sweep left out and around turning ¼ turn left. Step right beside left, touch left beside right