

Lay It Down

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Tina Argyle (UK)
音樂: Blanket On The Ground - Magill



MONTEREY TURN TOUCH OUT IN OUT, BEHIND, SIDE CROSS, SIDE ROCK RECOVER

1-2 Touch right toe to right side, half turn right, stepping right at side of left
3&4 Touch left toe to left side, touch left at side of right, touch left toe to left side
5&6 Cross left behind right, step right foot to right side, cross left foot over right
7-8 Rock right out to right side, recover weight onto left angling body to left

DIAGONAL WALKS FORWARD, CROSS ROCK RECOVER TWICE WITH ¼ TURN LEFT

1-2 Facing top left hand corner (6:00 wall) walk forward right then left
3&4 Rock forward, right, recover weight back onto left, step right to right side
5-6 Facing top right hand corner (6:00 wall) walk forward, left then right
7&8 Rock forward, onto left, recover weight back onto right, ¼ turn left stepping onto left

RIGHT SHUFFLE FORWARD, MAMBO FORWARD, LEFT, RIGHT LOCK STEP BACK, MAMBO BACK LEFT

1&2 Step forward, right, close left at side of right, step forward, right
3&4 Rock forward onto left, recover weight back onto right, step left at side of right
5&6 Step back right, lock left over right, step back right
7&8 Rock back onto left, recover weight forward, onto right, step left at side of right

¼ PIVOT TURN LEFT, CROSS SHUFFLE, ¼ TURN RIGHT, HEEL STRUTS X3

1-2 Step forward, right, ¼ pivot turn left finishing weight on left
3&4 Cross right over left, step left to left side, cross right over left
5&6& ¼ turn right stepping back right, step left at side of right, touch left heel forward, snap left toe down to floor
7&8& Touch right heel forward, snap right toe down to floor, touch left heel forward, snap left toe down to floor

REPEAT
