

Lay Low

拍數: 32 牆數: 4
編舞者: Mick Harris (UK) - April 2013
音樂: Lay Low - Blake Shelton

級數: Improver / Intermediate



Start: approx. 20 counts (on the word "of")

VINE WITH SYNCOPATED STEP X 2.

1,2,3,4& step L behind R, step R to R side, cross L over R, step R to R side, step L next to R. (weight on L foot)
5,6,7,8& step R behind L, step L to L side, cross R over L, step L to L side, step R next to L. (weight on R foot)

JAZZ BOX WITH TOUCH, KICK, KICK , SAILOR ¼ TURN.

1,2,3,4 step L across R, step back on R, step L to L, touch R beside L.
5,6 kick fwd with R, kick R out to R.
7&8 step R behind L turning ¼ R, step L in place, step R in place. (3.00)

STEP, PIVOT, TURN , TURN, CROSS POINT X 2.

1,2 step fwd on L, pivot turn ½ R. (9.00)
3,4 turn ½ R stepping fwd on L, turn ½ R stepping back on R.
(alternative : walk, walk L,R.)
5,6 step L across R, point R out to R side.
7,8 step R across L, point L out to R side.

¼ TURN, STEP, CROSS SHUFFLE, STEP PIVOT, SHUFFLE FULL TURN.

1,2 keeping the L out to the side arc it back to turn ¼ L, step the R next to L.
(transferring weight onto R)
3&4 step L across R, step R slightly to R, step L across R. (6.00)
5,6 step R to R side, pivot 1/4 L transferring weight to L. (3.00)
7&8 Shuffle full turn L (RLR).
(alternative : shuffle fwd RLR)

Start again.

Contact: mick_harris@btconnect.com