

# 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.

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