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| Lay You Down Easy |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | Suzi Beau (ENG) - June 2016 | | | | |
| **Music:** | Lay You Down Easy (feat. Sean Paul) - MAGIC! | | | | |
| . | | | | | | |

**Intro : Start 8 Counts after heavy beat (rapping) on the words “I know you don’t believe me”**

**SECTION 1: R COASTER STEP, STEP 1/4 CROSS, CHASSE R, BACK ROCK SIDE**

|  |  |
| --- | --- |
| 1&2 | Step back on R, Step L together, Step forward R |

|  |  |
| --- | --- |
| 3&4 | Step fwd L, pivot 1/4 R, Cross L Over R |

|  |  |
| --- | --- |
| 5&6 | Step R to R side, Close L to R, Step R to R side |

|  |  |
| --- | --- |
| 7&8 | Rock back on L , recover on R, Step L to L side |

**SECTION 2: BEHIND 1/4 L FORWARD, L SHUFFLE, R MAMBO KICK BACK KICK BACK**

|  |  |
| --- | --- |
| 1&2 | Step R behind L, Turn 1/4 L Stepping L fwd, Step R fwd |

|  |  |
| --- | --- |
| 3&4 | Step fwd L, Close R to L, Step fwd L |

|  |  |
| --- | --- |
| 5&6 | Rock fwd on R, Recover on L, Step back on R |

|  |  |
| --- | --- |
| &7&8 | Kick L fwd, Step back L, Kick R fwd, Step back R |

**SECTION 3: COASTER 1/4 R MAMBO 1/2 TURN 3/4 R CROSS SHUFFLE**

|  |  |
| --- | --- |
| 1&2 | Step back on L, Close R to L, Step L fwd turning 1/4 R |

|  |  |
| --- | --- |
| 3&4 | Rock fwd on R, recover on L, Turn 1/2 R stepping fwd R |

|  |  |
| --- | --- |
| 5,6 | Turn 1/2 R stepping back L, Turn 1/4 R stepping R to R side |

|  |  |
| --- | --- |
| 7&8 | Cross L over R, Step R to R side, Cross L over R |

**SECTION 4. BUMP & SIDE, SAILOR STEP, TOUCH BEHIND UNWIND, SHUFFLE 1/2 HITCH**

|  |  |
| --- | --- |
| 1&2 | Step on to ball of R bumping hip R up, Bump hip L, Step R to R side |

|  |  |
| --- | --- |
| 3&4 | Step L behind R, Step R to R side, Step L in place |

|  |  |
| --- | --- |
| 5,6 | Touch R back, unwind 1/2 bending knees, keeping weight on R |

|  |  |
| --- | --- |
| 7&8& | Shuffle 1/2 L stepping L, R L, Hitch R |

**No Tags Or Restarts Yippeee Xxx**

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