

Cross On My Back

COPPER KNOB
STEPPERS

Count: 32

Wall: 4

Level: High Improver

Choreographer: Sandy Kerrigan (AUS) - October 2020

Music: Lay Me Down - Pixie Lott : (EP - iTunes)



Dance Info: Dance starts feet together-wt on L - Dance Starts 16 counts in

There is one restart in wall 5-this happens after the Left sailor facing 6:00
[Whistle Musical Section]

Out, Out, Tap, ¼ Step Fwd, Scuff Side, Syncopated Jazz Box, Step L to Side 3:00

& 1 2 3 4 Out R to R, Out L to L, Tap R next to L, Turning ¼ R-Step Fwd R, Scuff L to L Side

5 6 & 7 8 Cross L over R, Step Back on R, Step Ball of L to L, Cross R over L, Step L to L Side

Tap R-Knee Inward, ¼ Fwd, Double R Heel Bounce, Cross, Step Side, Left Sailor Step 6:00

1 2 3 4 Tap R to L-Turning R knee inward, Turn ¼ R-Step Fwd R, Bounce R Heel x 2 (wt on R)

5 6 Step/Cross L over R, Step R to R Side

7 & 8 Cross L behind R, Step R to R Side, Step L to L Side

***Restart here wall 5-facing 6:00 Wall

Cross, ¼ Step Back, Step Side, Step Across, Side Rock Step, Behind, Side, Cross 9:00

1 2 3 4 Cross R over L, Turning ¼ R-Step Back on L, Step R to R Side, Step L over R

5 6 7 & 8 R Side Rock, Replace to L, Cross/Step R behind L, Step L to L Side, Cross R over L

Side Rock, Turning ¼ R-Replace to R, Step Fwd, Hitch, ¼ R-Step Side, Point L to L Side, Hold, Back Ball Step, Step L Fwd 3:00

1 2 3 4 Rock L to L Side, Turning ¼ R-Replace to R, Step Fwd L, Hitch R (12:00)

& 5 Turning ¼ R-Step R to R side, Point L to L side (torque upper body over R shoulder)

6 & 7 8 Hold (6) Ball of L slightly Back, Replace to Ball of Right, Small Step Fwd L

(& 7 8 small, bouncy, quirky steps, no heel pressure)

[32]

Note: One Restart in wall 5 at count 16 - noted above.

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Version 1:00