

Lay Down and Dance

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Jason Allott (UK) - October 2016

Musique: Baby Lets Lay Down And Dance - Garth Brooks : (Album: Gunslinger)



#32 count intro.

Section 1: Walk R L R, Kick L, Step Back touch R. Step R kick L

- 1-2 Walk fwd R, L
- 3-4 Walk fwd R, Kick L fwd
- 5-6 Step back L, touch R back
- 7-8 Step R fwd, scuff L

Section 2: Cross L back R, &step cross and cross, unwind ½, Kick L, L sailor

- 1-2 step L over R, step back R
- &3&4 step L to L, cross Step R over L, step L to L, Cross step R over L
- 5-6 unwind half over L (keep weight on R), kick L to L
- 7&8 step L behind R, step R to R side, step L to L side.

Section 3: Cross side behind and heel, and touch and heel, Stomp R clap

- 1-2 Cross step R over L, Step L to L side
- 3&4 step R behind L, Step L to L side, R heel dig to R side
- &5&6 Step R in place, touch L next to R, Step back on to L and heel dig R fwd
- 7-8 Stomp R in place, clap hands

Section 4: Walk walk, out out, in in, and heel and scuff.

- 1-2 Walk fwd onto L, walk fwd R
- 3-4 Rock fwd on L, Recover weight back onto R
- &5&6 Step L out, Step R out, Step L in, Touch R next to L
- &7&8 Jump weight back onto R (step back slightly), Heel dig L fwd, Step onto L, touch R next to L

End of dance.

Tag: Wall 7

- 1-2 walk R, Walk L
- 3-4 Walk R, Kick L
- 5-6 Stomp L, Hold
- 7-8 Hold, Scuff R fwd and Clap hands. Restart the dance. Enjoy.

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Last Update - 28th Oct 2016