Just Lay Low (P)

级数: Improver Partner

编舞者: Stephen Pistoia (USA) - September 2017

音乐: Lay Low - Josh Turner : (iTunes)

拍数: 32

墙数:0



Intro: 32 counts

Side by side position. Man's FT work described. Women same.

(1-8) STEP LOCK SHUFFLE. STEP LOCK SHUFFLE

- 1-2 step RF forward, step LF up behind RF
- 3&4 step RF forward, step LF next to RF, step RF forward
- 5-6 step LF forward, step RF up behind LF
- step LF forward, step RF next to LF, step LF forward 7&8

(9-16) ROCK RECOVER COASTER STEP, ROCK RECOVER SHUFFLE ½ turn

- 1-2 step RF forward, recover on LF
- 3&4 step RF backwards, step LF next to RF, step RF forward
- step LF forward, recover on RF 5-6
- step LF 1/2 turn LT, step RF next to LF, step LF forward 7&8
- (right here drop the right hands and pick back up after pivot)

(17-24) PIVOT ½ TURN LT, CROSS POINT X 3

- step RF forward, pivot 1/2 turn LT on LF 1-2
- 3-4 step RF forward, point LF out to LT
- 5-6 cross LF over RF, point RF out to RT
- 7-8 cross RF over LF, point LF out to LT

(25-32) WALK WALK SHUFFLE JAZZBOX

- step LF forward, step RF forward 1-2
- 3&4 step LF forward, step RF next to LF, step LF forward
- 5-6 cross RF over LF, step LF back
- 7-8 step RF out to RT, step LF next to RF

Any questions contact me @ pistoias@ymail.com