

Lay It Back A Little

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Improver
编舞者: Lisa McCammon (USA) - October 2017
音乐: Perm - Bruno Mars : (CD: 24K Magic)



Start after heavy beats, approx 13 seconds in - Start weight on L

NOTE: This can be a floor split for harder dances to this track, and owes much to the advanced phrased dance by Shane McKeever, Fred Whitehouse, and Guyton Mundy. Although this dance is long, it's straight counts until the last set and has No Tags Or Restarts. See also Hot Cold Hot for slightly harder options.

[S1] HITCH, SIDE, BACK ROCK, RECOVER; VINE L, CROSS

1-4 Hitch R, step R to side, rock back L, recover R
5-8 Step L to side, step R behind, step L to side, cross R

[S2] TURN, HITCH, TOUCH TOES BACK, HITCH; BACK, HITCH, BACK, HITCH

1-4 Turn left ¼ [9] stepping forward L, hitch R, touch R toes back, hitch R
5-8 Step back R, hitch L, step back L, hitch R (styling: hitches for 5-8 are low)

[S3] ¼ STOMP, HOLD, STOMP, HOLD, LEAN FWD, HOLD, LEAN BACK, HOLD

1-2 Turn right ¼ squaring to [12] stomping side R, HOLD
3-4 Stomp L in place, HOLD (feet are slightly apart, weight on L)
5-6 Step R forward to right diagonal, leaning forward, HOLD
7-8 Lean back onto L, HOLD (prepare to rock BACK)

[S4] BACK ROCK, RECOVER, SIDE, TOUCH L BEHIND; PULSE UP, DOWN, UP, DOWN

1-2 Rock R back, recover L
3-4 Step R to side, touch L toes behind R, bending knees (snap on touch)
5-6 Keeping feet in same position, rise slightly by straightening knees, bend knees/snap
7-8 Repeat 5-6 (weight still on R)

[S5] VINE L, TOUCH; BOOTY SWING R, L

1-4 Step L to side, step R behind, step L to side, touch R home
5-6 Step to R whilst swinging booty counterclockwise for two counts ending weight R
7-8 Swing booty around clockwise for two counts, ending weight L

(Note: when doing counts 5-8, imagine "cleaning the fishbowl" by swiping booty back and to the right, then back and to the left to get what you missed . Your momentum should be slightly forward after the last swipe.)

[S6] CROSS, POINT, CROSS, POINT; ROCKING CHAIR

1-4 Step R forward, point L toes to side; step L forward, point R toes to side
5-8 Rock forward R, recover L, rock back R, recover L

[S7] BIG STEP FORWARD, HOLD, ROCK, RECOVER; BACK, TOUCH, BACK, TOUCH

1-4 Big step forward R, HOLD, rock forward L, recover R
5-8 Step back L, touch R home, step back R, touch L home

[S8] BACK ROCK, RECOVER, TRIPLE RIGHT ½; BACK ROCK, RECOVER, KICK-BALL-CHANGE

1-2 Rock back L, recover R (prep turn to right)
3&4 Turn right ¼ [3] stepping L to side, close R, turn right ¼ [6] stepping back L
5-6 Rock back R, recover L
7&8 Kick R, step R home, step L home (prepare to hitch R)

ENDING: The dance will end with the ¼ turn right stomp on count 1 of the third set. When you step to the

side, fling hands out, elbows in, palms down—BAM!

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