

Lay Down Beside Me

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Shaz Walton (UK)
音乐: Last Request - Paulo Nutini



SIDE, ROCK BACK, RECOVER, SEMI CIRCLE RUNNING STEPS LEFT, SIDE, ROCK, RECOVER, ¼ TURN LEFT, ½ TURN LEFT

- 1-2& Step right to right (make it large), rock back left, recover on right
- 3&4 Make ½ turn left as you make small running steps left right left in the shape of a semi circle
- 5-6& Step right to right side, rock back left, recover right
- 7-8 Step left ¼ turn left, make ½ turn left on ball of left stepping right beside left (weight ends on right)

STEP BACK SWAY, SWAY TWICE, SHUFFLE FORWARD, STEP, FULL TURN WITH CURTSEY, BALL, STEP

- 1-2-3 Step back left as you sway back, sway forward, sway back, (nice & smooth, use those hips & shoulders)
- 4&5 Step right forward, step left beside right, step right forward
- 6-7 Step forward left (bend knees) make a full turn right still with knees bent & feet together, (straighten up)
- &8 Step right beside left, step left forward

STEP, HOLD, BALL, STEP ½ PIVOT TURN LEFT, STEP ¼ TURN LEFT, BEHIND ¼ TURN, STEP ¾ TURN RIGHT, STEP SIDE

- 1-2 Step right forward, hold
- &3-4 Step left beside right, step right forward, pivot ½ turn left
- 5-6& Make ¼ turn left stepping right to right side, cross step left behind right, make ¼ turn right stepping right forward
- 7&8 Step forward left, pivot ¾ turn right, step left to left side

SAILOR RIGHT, SAILOR LEFT, DIAGONAL BALL STEP, ½ PIVOT TURN LEFT TO BACK DIAGONAL, STEP FORWARD, ¼ RIGHT BACK, 1/8 RIGHT, TOUCH

- 1&2 Cross right behind left, step left to left side, step right to right side
- 3&4 Cross left behind right, step right to right side, step left to left side, keep these steps smooth & let your body sway in time with the beat
- &5 Make 1/8 turn into left diagonal front stepping right beside left, step left forward into corner
- 6& Step right forward, make ½ pivot turn left to face right diagonal back
- 7& Step right forward, step back left making ¼ turn right to face into left diagonal back
- 8 Turn 1/8 turn to 9:00 wall touching right beside left

Restart here on wall 2

SIDE, ROCK, RECOVER, RUN ¾ TURN LEFT, SWEEP, CROSS, ROCK BACK, COASTER CROSS

- 1-2& Step right to right side, rock back left, recover right
- 3&4 Run ¾ turn left stepping left right left finishing with left crossed over right, (make the running steps small, smooth & delicate)
- 5 Sweep right foot around to front & cross step over left
- 6 Rock back left, (use your hips)
- 7&8 Step back right, step back left, cross right over left

DIAGONAL BACK, ROCK, RECOVER, LARGE SIDE, COASTER STEP, PREP, ¾ RAISED ARABESQUE, SIDE

- 1-2& Step left diagonal step back, rock back right, recover left

3-4&5 Step large step with right to right side, step back left, step back right, step forward left

6 Step forward right (prepare yourself!) Keep right knee bent

7 On ball of right make $\frac{3}{4}$ turn right with left leg raised & bent at the knee

An arabesque would usually be executed with a straight leg- the correct term being "attitude". If you are not comfortable with this- please do whatever you are comfortable with

8 Step left to left side as you sway to left & prepare to start the dance again to the right

REPEAT

RESTART

During 2nd wall, dance up to count 32 & start the dance again. You will be facing the 6:00 wall
