

Lay Me Down

拍数: 48 墙数: 4 级数: Advanced
编舞者: Dan McInerney (UK) - June 2012
音乐: Lay Me Down (feat. Rome of Sublime with Rome) - Dirty Heads : (iTunes)



Starts: 16 counts/10 seconds, just as he sings "Well this is how it starts..."

SIDE, SAILOR STEP, SAILOR TURN, STEP, STEP TURN STEP TURN

(NOTE: for the first wall of the dance, start facing 03:00 so that you face 12:00 after count 1)

- 1, 2& Making 1/4 turn L step R to R side, step L behind R, step R in place (12:00)
- 3, 4& Step L to L side, step R behind L, making 1/4 R step L in place (03:00)
- 5, 6 Step R slightly forward, step L forward
- 7&8& Step R forward, pivot 1/2 turn L weight onto L, step R forward, pivot 1/2 turn L weight onto L (03:00)

ROCK AND CROSS, ROCK AND CROSS, OUT OUT, SPIRAL SHUFFLE

- 1&2 Rock R to R side, recover weight onto L, cross R over L
- 3&4 Rock L to L side, recover weight onto R, cross L over R
- 5, 6 Step R slightly back and out to R side, step L to L side
- 7&8& Making 1/4 R step R forward, step L next to R, making 1/4 R step R forward, step L next to R (09:00)

WALK, WALK, MAMBO COASTER STEP, TURN, RUN RUN RUN TAP

- 1, 2 Making 1/4 R step R forward, step L forward (12:00)
 - 3&4& Rock R forward, recover onto L, step R back, step L next to R
 - 5, 6 Step R forward, pivot 5/8 turn L (on a diagonal) taking weight onto L (04:30)
 - 7&8& Step R forward, step L forward, step R forward, tap L next to R
- (OPTION: an optional full turn: (7) making 1/2 turn L step R back, (&) making 1/2 turn L step L forward...)**

KICK, BACK SHUFFLE, BACK SHUFFLE, TURN, PADDLE TURN PADDLE TURN

- 1, 2& Kick L forward, step L back, step R slightly across L
- 3, 4& Step L back, step R back, step L slightly across R
- 5, 6 Step R back, making 3/8 turn L step L forward (12:00)
- 7&8& Making 1/4 turn L rock R to R side, recover onto L, making 1/4 turn L rock R to R side, recover onto L (06:00)

(NOTE: restart here on walls 1 & 5 facing 06:00 – next step will be the 1/4 L to face 03:00...)

SIDE ROCK RECOVER SIDE BEHIND SIDE HOP HOP ROCK AND CROSS SIDE BEHIND SIDE HOP HOP

- 1&2& Making 1/4 turn L step R to R side, rock L behind R, recover onto R, step L to L side (03:00)
- 3&4& Step R behind L, making 1/4 turn L step L forward, making 1/4 turn L hop on R, making 1/4 turn L hop on R (06:00)
- 5&6& Making 1/4 turn L rock L to L side, recover onto R, cross L over R, step R to R side (03:00)
- 7&8& Step L behind R, making 1/4 turn R step R forward, making 1/2 turn R hop on L, making 1/4 turn R hop on L (03:00)

STEP TURN STEP, SHUFFLE FORWARD TAP STEP, SLOW TURN, SHIFT WEIGHT, TURN TURN

- 1&2 Making 1/4 turn R step R forward, step L forward, pivot 1/2 turn R taking weight onto R (12:00)
- 3&4& Step L forward, step R next to L, step L forward, tap R next to L
- 5, 6 Step R forward as you begin a slow 1/2 turn L (06:00)
- 7, 8& Complete the turn taking weight onto L, making 1/2 turn L step back onto R, making 1/2 turn L step forward onto L (06:00)

REPEAT

RESTART: Happens after 32 counts on walls 1 and 5: both times you'll be facing 06:00 at the point of the restart, ready to make the 1/4 L (first step of the dance).

(v3, 180612)

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