Let's Lay It Down

拍數: 32

級數: Beginner

編舞者: Chris Whittaker (USA) - February 2016

音樂: Lay It Down - JT Hodges

Start: 16 counts in at the start of the first verse

Side Hip Bumps x4

- 1-2 Step Wt. on R, Bump R Hip
- 3-4 Step Wt. on L, Bump L Hip
- 5-6 Step Wt. on R, Bump R Hip
- 7-8 Step Wt. on L, Bump L Hip

Side Behind Side, Side Rock Recover, Side Behind Side, Rock Recover R

- 1&2 Step R to Side, Bring L Behind R, Step R to Side
- 3-4 Side Rock L, Recover R
- 5&6 Step L to Side, Bring R Behind L, Step L to Side
- 7-8 Rock R Forward, Recover on L

Shuffle Back, $\frac{1}{2}$ Turn Shuffle Back, $\frac{1}{2}$ Turn Shuffle Back, Coaster Step

- 1&2 Shuffle Back R-L-R
- 3&4 ¹/₂ Turn Shuffle to the Left L-R-L
- 5&6 ¹/₂ Turn Shuffle to the Left R-L-R
- 7&8 Step L Back, Place R Beside L, step L forward.

1/4 Kick Turn, Coaster Step, 1/4 Kick Turn, Coaster Step

- 1-2 Step R forward, Turn ¼ Left Kick L weight Stays on R
- 3&4 Step L Back, Place R Beside L, step L forward
- 5-6 Step R forward, Turn ¼ Left Kick L weight Stays on R
- 7&8 Step L Back, Place R Beside L, step L forward

Contact: Email: crankitupdancing@gmail.com Website: Crankitupdjdancing.com

Instagram: @Crankitupdj_dancing

Twitter: @Crankitupdj

Facebook: Crank It up DJ Service and Line dance Instruction





牆數: 2

2