

Lay It All On Me

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Julie Carr (UK) - January 2018
音樂: Lay It All On Me - Blackberry Smoke : (iTunes)



Walk x2 LR, L Forward Rocking chair, L Side rock recover, L sailor 1/2 turn

- 1-2 Walk forward twice L-R
- 3-4 Rock forward on L recover back on R
- 5-6 Rock out to L ,side recover side on R on R
- 7&8 Make a left Sailor 1/2 turn , cross L over R. (weight on left.

R & L Side Step touch x 2, R kick ball cross, R Side rock recover on L, R ball step to L .

- 1-2 Step R to R , touch L diagonal forward to L
- 3-4 Step L to L touch R diagonal forward ro R
- 5&6 Right kick ball cross L over R, (kick R forward recover weight on R step on L .
- 7-8 R side rock out to R ,recover side L .(weight on L)

R Ball Side Step ,L Figure Eight,

- & 1-2 Bring R next to L step side L ,step R behind L
- 3-4 Step forward on L as you make 1/4 left turn as you step forward on R – (3 clock)
- 5-6 Make a 3/4 turn L ,weight on R (6 clock)
- 7-8 L behind R step forward on R as you make 1/4 turn R . (9 clock)

L Forward Rock recover ,1/2 L Triple turn . R Forward rock recover,1/2 Triple turn.

- 1-2 L forward rock, recover back on R
- 3&4 Make a 1/2 Triple turn L.
- 5-6, 7&8 R forward rock recover back on L , triple 1/2 turn R (9 clock)

Thank you to my Boys for the track .xx

Last Update – 14th Feb. 2018