

# Lay Down Sally

**COPPER** KNOB  
STEPSHEETS

拍數: 68      牆數: 2      級數: Intermediate  
編舞者: Marissa Canale (UK)  
音樂: Lay Down Sally - Rod Stewart



## FORWARD ROCK, RECOVER, SHUFFLE ½ TURN RIGHT, ROCK, RECOVER, COASTER STEP

1-2      Rock forward on right, recover on left  
3&4      Shuffle ½ turn right on right, left, right  
5-6      Rock forward on left, recover on right  
7&8      Step back on left, step right next to left, step forward on left

## STEP, ¼ TURN LEFT, FORWARD SHUFFLE, WEAWE LEFT, SIDE ROCK, RECOVER, CROSS

1-2      Step forward on right, turn ¼ left  
3&4      Shuffle forward on right, left, right  
5&6&      Step left to side, step right behind left, step left to side, cross right over left  
7&8      Rock left to side, recover on right, cross left over right

## WEAWE RIGHT, SIDE ROCK, TURN ¼ LEFT, STEP, ¼ TURN RIGHT TWICE, CROSS ROCK, RECOVER SIDE

1&2&      Step right to side, step left behind right, step right to side, cross left over right  
3&4      Rock right to side, recover on left turning ¼ left, step forward on right  
5-6      Turn ¼ right stepping left to side, turn ¼ right stepping right to side  
7&8      Cross rock left over right, recover on right, step left to side

**Restart: after step 24 on wall 3 (facing 6:00)**

## FORWARD ROCK, RECOVER, COASTER STEP, STEP, ¼ TURN RIGHT, FORWARD SHUFFLE

1-2      Rock forward on right, recover on left  
3&4      Step back on right, step left next to right, step forward on right  
5-6      Step forward on left, turn ¼ right  
7&8      Shuffle forward on left, right, left

## POINT, POINT, SAILOR ¼ TURN RIGHT, CROSS ROCK, RECOVER, CHASSE LEFT

1-2      Point right foot to front, point right foot to side  
3&4      Step right foot behind left, step left foot to side turning ¼ right, step right foot next to left  
5-6      Cross rock left over right, recover on right  
7&8      Chasse left on left, right, left

## ROCK BACK, RECOVER, SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, ¼ TURN LEFT, FORWARD SHUFFLE

1&2      Rock right behind left, recover on left, step right to side  
3&4      Step left behind right, step right to side, cross left over right  
5-6      Rock right to side, recover on left turning ¼ left  
7&8      Shuffle forward on right, left, right

## SIDE, TOGETHER, FORWARD, SIDE, TOGETHER, BACK, SWING, SWING, SAILOR ¼ TURN LEFT

1&2      Step left to side, step right next to left, step forward on left  
3&4      Step right to side, step left next to right, step back on right  
5-6      Swing left behind right, swing right behind left  
7&8      Swing left behind right turning ¼ left, step right to side, step left next to right

## SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS, FORWARD ROCK, RECOVER, FULL TURN RIGHT

|     |  |
|-----|--|
| 1&2 | Rock right to side, recover, cross right over left |
| 3&4 | Rock left to side, recover, rock left over right   |
| 5-6 | Rock forward on right, recover on left             |
| 7&8 | Full turn right on right, left, right              |

**FORWARD MAMBO, BACK ROCK, RECOVER**

|     |  |
|-----|--|
| 1&2 | Rock forward on left, step right in place, step left next to right |
| 3-4 | Rock back on right, recover on left                                |

**REPEAT**

---