

LAY LOW

Choregraphe Alexandra Hungerbühler

Niveau : 32/4 débutant/intermediaire

Musique : Lay Low - Josh Turner

Album : Single 2014

Rythme : West Coast Swing

Danse soumise par: **Inter-Clubs Country du Grand Est**

1-8 Walk, Walk, Step Lock Step, Rock Recover, ¼ turn left, left Chassé

1-2 RF step forward, LF step forward

3&4 RF step forward, LF step behind RF, RF step forward

5-6 LF step forward, recover to RF

7&8 ¼ turn left, LF step to left, RF step beside LF, LF step to left (9:00)

9-16 Cross, Side, Sailor Step, Cross, Point, Behind, ¼ turn left, step Fwrd.

1-2 RF in nfr(o,t of LF, LF step to left

3&4 RFstep behind LF, LF step beside RF, RF step to right

5-6 LF cross over RF, RF touch to right side

7&8 RF step behind LF, ¼ turn left, LF step forward, RF step forward (6:00)

**Restart: In the 4th wall dance the first 16 counts.*

After the 16 counts must be a & Ball to danced, then you are on the left and can start the dance from the beginning

** Tag & Restart: In the 9th wall*

dance the first 16 counts, than following addition dance:

TAG : 1-4 Rock Recover, Coaster Step

1-2 LF Step forward, recover to RF

3&4 LF Step back, RF step together, LF step forward

17-24 Rock Recover, Shuffle back, ½ turn right back, ½ Turn back right, ¼ turn right, right Chassé

1-2 LF step forward, recover to RF

3&4 LF step back, step right beside left, step left back

5-6 ½ turn right (12:00), RF step forward, ½ turn right (6:00), LF step back

7&8 ¼ turn right, RF step to right, LF step beside RF, RF step to side (9:00)

25-32 Cross Rock, Recover, Chassé with ¼ Turn left, Pivot ½ turn left, Pivot ¼ turn left

1-2 LF cross over RF, recover weight onto RF

3&4 LF Step to left, RF step beside LF, ¼ turn left LF step forward (6:00)

5-6 RF Step forward, ½ turn left (12.00)

7&8 RF step forward, ¼ turn left (9:00)

Start again ...

Enjoy and don `t forget to Smile!