

Countryfriends83

Ecole de Danse

LAY LOW

Count: 32 Wall: 4 Level: Improver
Choreographer: Darren Bailey – Aug 2015
Music: Lay Low (Josh Turner)

Intro: 32 counts

Side Rock R, Cross Shuffle, 1/4 R x2, Cross Shuffle.

1-2 Rock Rf to R side, Recover onto Lf
3&4 Cross Rf over Lf, Step Lf to L side, Cross Rf over Lf
5-6 Make a 1/4 turn R and step back on Lf, Make a 1/4 turn R and step Rf to R side
7&8 Cross Lf over Rf, Step Rf to R side, Cross Lf over Rf

Step R, Touch L, Kick Ball Cross, Side Rock L, Sailor 1/2 L turn with Cross.

1-2 Step Rf to R side, Touch Lf next o Rf
3&4 Kick Lf forward (to L diagonal), Step Lf next to Rf, Cross Rf over Lf
5-6 Rock Lf to L side, Recover onto Rf
7&8 Cross Lf behind Rf making a 1/4 turn L, Step Rf next to Lf,
Make a 1/4 turn L and cross Lf over Rf

Restart here on wall 4

Step R, Lock L, Chasse 1/4 turn R, Pivot 1/2 turn R, 1/2 turning Shuffle R.

1-2 Step Rf to R side, Lock Lf behind Rf (popping R knee forward)
3&4 Step Rf to R side, Close Lf next to Rf, make a 1/4 turn R and step forward on RF
5-6 Step forward on Lf, Make a 1/2 pivot turn R
7&8 Make a 1/4 turn R and step Lf to L side, Close Rf next to Lf,
Make a 1/4 turn R and step back on Lf

Back x2 with Knee pops, R Coaster Step, Cross Rock L, Scissor step L

1-2 Step back on Rf poppoing L knee forward, Step back on Lf poppoing R knee forward
3&4 Step back on Rf, close Lf next to Rf, Step forward on Rf
5-6 Cross Rock Lf over Rf, Recover onto Rf
7&8 Step Lf to L side, Close Rf next to Lf, Cross Lf over Rf

Tag....Before starting wall 10.

1-4 Click fingers on R hand x4 slowly bringing R hand down to the sid

Cathy MERIOT - Choréographe / Instructor

106 I chemin des Jardins

83920 LA MOTTE en PROVENCE

tél : 06.61.17.10.82 courriel : cathy.meriot83@sfr.fr

www.countryfriends83.fr