



ICCGE 2016-2017

Nom : Lay Down and Dance

Chorégraphe : Fiona Murray (IRL), Roy Hadisubroto (NL) October 2016
Contact :
Compte : 32 **Murs :** 4 **Niveau :** novice
Musique : Baby, Lay Down and Dance
Album : DJ Garth ou la version radio edit (2:53)mn
Danse soumise par: **Inter-Clubs Country du Grand Est**
Dance,Tag(2x) Dance,Tag(2x) Dance,Dance,Tag(1x)Dance,Dance,Dance,Tag (3x)
Sur la version du CD "Gunsliger" (3:11)mn faudra faire
1xDance,2xTag,1xDance,2xTag,2x Dance,1xTag,4xDance,3xTag

SECT-1 Dorothy Step, Extended Lockstep, Syncopated Jazzbox, ¼ Turn R

- 1-2&** Step R diagonally forward (1), Cross L behind R (2), Step R diagonally forward (&)12:00
3&4& Step L diagonally forward (3), Cross R behind L (&), Step L diagonally forward (4),
Cross R behind L (&)12:00
5-6 Step L diagonally forward (5), Cross R over L (6)12:00
7&8 Step L backwards (7), Turn ¼ R and Step R to R side (&), Cross L over R (8)3:00

SECT-2 Touch Side, Cross, Touch Side, Cross, Heel Switches, Swivel

- 1-2** Touch R to R side (1), Cross R over L (2)3:00
3-4 Touch L to L side (3), Cross L over R (4)3:00
5&6& Touch R heel forward (5), Step R next to L (&), Touch L heel forward (6), Step L next
to R (&) 3:00
7&8 Touch R forward (7), Swivel both heels to R (&), Swivel both heels back to centre (8)3:00

SECT-3 Touch Back, ½ Turn R, Step, 1/4 Turn R, Side Mambo Cross (2x), Heel Jack, Ball Step

- 1-2** Touch R backward (1), Turn ½ R and step R forward (2)9:00
3&4 Turn ¼ R and Rock L to L side (3) Recover on R (&), Cross L over R (4) 12:00
5&6 Rock R to R side (5), Recover on L (&), Cross R over L (6)12:00
&7&8 Step L to L side (&), Touch R heel diagonally forward (7), Step R next to L (&),
Step L forward (8)12:00

SECT-4 Brush, Hitch, Step Back, Brush, Hitch, Step, Back, ¼ Turn R, Knee Pops

- 1&2** Brush R forward (1), Hitch R Knee up (&), Step R backwards (2) 12:00
3&4 Brush L forward (3), Hitch L Knee up (&), Step L backwards (4)12:00
5-6 Turn ¼ R and step R to R side, keep weight in the middle (5), Pop both knees (6) 3:00
7-8 Pop both knees (7), Pop both knees (8)3:00

NoteThe brush, hitch, step, back (count 1 – 4 of the last section) can be done while hopping on the standing leg.

Tag: 1-8 Shuffle, Shuffle, Turn ½ L, Kick Ball Change

- 1&2** Step R forward (1), Close L behind R (&), Step R forward (2)12:00
3&4 Step L forward (3), Close R behind L (&), Step L forward (4)12:00
5-6 Step R forward (5), Turn ½ L and step L forward (6)6:00
7&8 Kick R forward (7), Step R next to L on ball of R (&), Step L next to R (8) 6:00

NoteThe very last time doing the Tag turn ¼ L to finish at 12:00

Order of dance:

Dance,Tag(2x) Dance,Tag(2x) Dance,Dance,Tag(1x)Dance,Dance,Dance,Tag (3x)

START AGAIN AND HAVE FUNNNN