

Lay Down and Dance

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Jason Allott - 23rd October 2016

Music: Baby Lets Lay Down And Dance, Garth Brooks, [Gunslinger album]



#32 count intro.

Section 1: Walk R L R, Kick L, Step Back touch R. Step R kick L

1-2 Walk fwd R, L
3-4 Walk fwd R, Kick L fwd
5-6 Step back L, touch R back
7-8 Step R fwd, scuff L

Section 2: Cross L back R, &step cross and cross, unwind ½, Kick L, L sailor

1-2 step L over R, step back R
&3&4 step L to L, cross Step R over L, step L to L, Cross step R over L
5-6 unwind half over L (keep weight on R), kick L to L
7&8 step L behind R, step R to R side, step L to L side.

Section 3: Cross side behind and heel, and touch and heel, Stomp R clap

1-2 Cross step R over L, Step L to L side
3&4 step R behind L, Step L to L side, R heel dig to R side
&5&6 Step R in place, touch L next to R, Step back on to L and heel dig R fwd
7-8 Stomp R in place, clap hands

Section 4: Walk walk, out out, in in, and heel and scuff.

1-2 Walk fwd onto L, walk fwd R
3-4 Rock fwd on L, Recover weight back onto R
&5&6 Step L out, Step R out, Step L in, Touch R next to L
&7&8 Jump weight back onto R (step back slightly), Heel dig L fwd, Step onto L, touch R next to L

End of dance.

Tag: Wall 7

1-2 walk R, Walk L
3-4 Walk R, Kick L
5-6 Stomp L, Hold
7-8 Hold, Scuff R fwd and Clap hands. Restart the dance. Enjoy.

Contact: jaylfc2603@gmail.com

Last Update - 28th Oct 2016