

# Lay You Down Easy

LINEDANCE.COM

**Count:** 32      **Wall:** 2      **Level:** Improver

**Choreographer:** Suzi Beau - June 2016

**Music:** Lay You Down Easy - Magic ft. Sean Paul

**Intro : Start 8 Counts after heavy beat (rapping) on the words "I know you don't believe me"**

## **SECTION 1: R COASTER STEP, STEP 1/4 CROSS, CHASSE R, BACK ROCK SIDE**

- 1&2**      Step back on R, Step L together, Step forward R
- 3&4**      Step fwd L, pivot 1/4 R, Cross L Over R
- 5&6**      Step R to R side, Close L to R, Step R to R side
- 7&8**      Rock back on L , recover on R, Step L to L side

## **SECTION 2: BEHIND 1/4 L FORWARD, L SHUFFLE, R MAMBO KICK BACK KICK BACK**

- 1&2**      Step R behind L, Turn 1/4 L Stepping L fwd, Step R fwd
- 3&4**      Step fwd L, Close R to L, Step fwd L
- 5&6**      Rock fwd on R, Recover on L, Step back on R
- &7&8**      Kick L fwd, Step back L, Kick R fwd, Step back R

## **SECTION 3: COASTER 1/4 R MAMBO 1/2 TURN 3/4 R CROSS SHUFFLE**

- 1&2**      Step back on L, Close R to L, Step L fwd turning 1/4 R
- 3&4**      Rock fwd on R, recover on L, Turn 1/2 R stepping fwd R
- 5,6**      Turn 1/2 R stepping back L, Turn 1/4 R stepping R to R side
- 7&8**      Cross L over R, Step R to R side, Cross L over R

## **SECTION 4. BUMP & SIDE, SAILOR STEP, TOUCH BEHIND UNWIND, SHUFFLE 1/2 HITCH**

- 1&2**      Step on to ball of R bumping hip R up, Bump hip L, Step R to R side
- 3&4**      Step L behind R, Step R to R side, Step L in place
- 5,6**      Touch R back, unwind 1/2 bending knees, keeping weight on R
- 7&8&**      Shuffle 1/2 L stepping L, R L, Hitch R

**No Tags Or Restarts Yippee Xxx**

**Contact: [susanj.beaumont@ntlworld.com](mailto:susanj.beaumont@ntlworld.com)**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=111655](https://www.linedance.com/index.php?f=dance_view&id=111655)