

LADY LAY DOWN

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Count: 48

Wall: 4

Level: beginner/intermediate waltz

Choreographer: Mikael Mölsä

Music: Lady Lay Down by Dancelife Orchestra

RISE & FALL BASIC

1-2-3 Step left to left side, step right next to left, step left forward

4-5-6 Step right to right side, step left next to right, step right back

SYNCOPATED TURN, ROCK STEP, SIDE

1-2&3 Step left forward and turn $\frac{1}{4}$ to left, step right to right side, step left behind right, step right to right side

4-5-6 Rock left over right, recover weight back to right, step left to left side

TWINKLE, TWINKLE, STEP-TURN-TURN, STEP-TURN-TURN

1-2-3 Cross step right over left, step left to side, step right in place

4-5-6 Cross step left over right, step right to side, step left in place

$\frac{1}{2}$ TURNS

1-2-3 Step right over left, step left back and turn $\frac{1}{4}$ to right, step right to side and turn $\frac{1}{4}$ to right

4-5-6 Step left over right, step right back and turn $\frac{1}{4}$ to left, step left to side and turn $\frac{1}{4}$ to left

ROCK STEP, SIDE, ROCK STEP, SIDE

1-2-3 Rock right over left, recover weight on left, step right to side

4-5-6 Rock left over right, recover weight on right, step left to side

STEP, STEP, $\frac{1}{2}$ TURN PIVOT, FULL TURN

1-2-3 Step right forward, step left forward, turn $\frac{1}{2}$ to right

4-5-6 Turn $\frac{1}{4}$ to left while stepping left forward, turn $\frac{1}{4}$ to left while stepping right forward, turn $\frac{1}{2}$ to left while stepping left forward

ROCK STEP, BACK, $\frac{1}{2}$ TURN, $\frac{1}{2}$ SWEEP

1-2-3 Rock right forward, recover weight on left, step right back

4-5-6 Turn $\frac{1}{2}$ to left while stepping left forward (4), sweep right next to left while turning $\frac{1}{2}$ to left (5-6)

ROCK STEP, BACK, ½ TURN, ½ SWEEP

1-2-3 Rock right forward, recover weight on left, step right back

4-5-6 Turn ½ to left while stepping left forward (4), sweep right next to left while turning ½ to left (5-6) (weight ends on the right foot)

REPEAT