

# Lay Your Flowers

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

**Choreographer:** Stephen Gell - August 2017

**Music:** Lay Our Flowers Down by Lady Antebellum (Length 3:12) 94 bpm From "The Shack" Inspired By the OST.

## Music Available On iTunes and Amazon UK

**Intro: 16 Count Intro. (0.10)**

## Alternative Tracks

**I Won't Let You Go by James Morrison The Awakening (Total Track Length 3:49) 108 bpm Intro: 32 (0.26)**

**Good Goes The Bye by Kelly Clarkson Piece By Piece (Deluxe Version) (Total Track Length 3:21) 86 bpm Intro: 16 (0.14)**

**Good Time To Be Alive By Lady Antebellum (Total Track Length 3:12) 88 bpm Intro: 16 (0.12)**

## No Tags Or Restarts For Alternative Tracks

## [1 - 9] Back, Back, ½ Turn Right, Left Mambo, Right Shuffle

- 1 - 3      Step back on left foot, Step back right, Make ½ turn right swivelling on both heels lifting toes (6:00)
- 4 & 5      Rock forward on left, recover right, Step back on left
- 6 - 7      Rock back on right, Recover left
- 8 & 1      Step forward right, Step forward left, Step forward right

## [10 - 17] Step, ½ Turn Right, Full Turn Forward, Step, Right Mambo, Left Coaster

- 2 - 3      Step forward on left, Make ½ turn right (12:00)
- 4 & 5      Make ½ turn right stepping back on the left foot, Make ½ turn right stepping forward right, Step forward left

## Option: 4&5 Left Shuffle forward

- 6 & 7      Rock forward on right, recover left, Step back on right
- 8 & 1      Step back on left, Step back right, Step forward left

**[18 - 25] Step, ¼ Turn left, Right Cross Shuffle, Sway Left, Sway Right, behind Side Forward**

- 2 - 3 Step forward right, Make ¼ turn left (9:00)
- 4 & 5 Cross right over left, Step left to left side, Cross right over left
- 6 - 7 Sway left, Sway right
- 8 & 1 Cross left behind right, Step right to right side, Step forward on the left

**[26 - 32] Step, ½ Turn Left, Shuffle ½ Turn Left, Rock Recover, Left Mambo**

- 2 - 3 Step forward right, Make ½ turn left (3:00)
- 4 & 5 Shuffle ½ turn left stepping right, left, right (9:00)
- 6 - 7 Step back left, Recover right
- 8 &(1) Rock forward left, Recover right, (Step back left)**