

# Lay Down & Dance

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**Count:** 48

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Janet Hicks - March 2017

**Music:** "Baby, Let's Lay Down And Dance" by Garth Brooks - 116 bpm

## #32 Ct Intro

### S1: WALK FORWARD -TRIPLES

- 1-2 Walk Fwd R-L,
- 3&4 Triple Forward R-L-R
- 5-6 Walk Fwd L-R
- 7&8 Triple Forward L-R-L

### S2: ROCK, RECOVER, COASTER STEP X 2

- 1-2 Rock Forward On R, Recover Weight On L
- 3&4 Step Back R, Step Together L, Step R Forward
- 5-6 Rock Forward On Left, Recover Weight On R
- 7&8 Step Back L, Step Together R, Step Forward L

### S3: SAILOR STEPS WITH 1/4 TURNS

- 1&2 Right Sailor- Step R Behind L, Step Side L, Step R To Right Side
- 3&4 Left Sailor- Step L Behind R, Step R To Side, Step L To Side 1/4 Turn Left
- 5& 6 Right Sailor -Step R Behind L, Step Side L, Step R To Right Side
- 7&8 Left Sailor- Step L Behind R, Step R To Side, Step L To Side 1/4 Turn Left - 6 o'clock

### S4: HEEL SWICTHES—WALK FORWARD X2

- 1&2& Touch R Heel Forward, Step On R, Touch L Heel Forward, Step On L
- 3-4 Walk Forward R-L
- 5&6& Touch R Heel Forward, Step On R, Touch L Heel Forward, Step On L
- 7-8 Walk Forward R-L

\*\*\*RESTART HERE ON 3RD WALL FACING 6 o'clock

### S5: HALF TURNS WITH COASTER STEPS

- 1-2** Step Forward R, Step Forward L - Making ½ Turn Right
- 3&4** Step Back R, Step Together With L, Step Forward R
- 5-6** Step Forward L, Step Forward R- Making ½ Turn Left
- 7&8** Step Back L, Step Together With R, Step Forward L - 6 O'clock

**\*\*\*\*RESTART HERE ON 6th WALL FACING 12'oclock**

**S6: KICK BALL CHANGE X 2 SIDE TOUCHES—HEEL SWITCHES**

- 1&2** Kick R Forward, Step On Ball Of Right Foot, Step On Left Foot
- 3&4** Repeat 1&2 Above
- 5&6** Touch Rt Toe To Right, Step R Next Left, Touch L Toe To Left Side
- &7&8&** Step L Next To R ,Touch R Heel Forward , Step On Right, Touch L Heel Forward, Step On L

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