

## Lay Off My B.S.S.

32 count, 4 wall, beginner/intermediate level  
Choreographer: Bill "Bongo" Mason (England)  
Nov 2006

Choreographed to: Blue Suede Shoes by Dave  
Sheriff, Sing Along A Dance or Get In Line (185 bpm)

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### HEEL & TOE X 2, TRIPLE LEFT STEP, HEEL TOE X 2, TRIPLE RIGHT STEP

1&2& Left heel, toe, heel, toe  
3&4 Triple step left  
5&6& Right heel, toe, heel, toe  
7&8 Triple step right

### MAMBO FORWARD, MAMBO BACK, CROSS SHUFFLE, CROSS SHUFFLE

1&2 Mambo forward on left  
3&4 Mambo back on right  
5&6 Cross left, right step right to right, cross left, right (moving forward)  
7&8 Sweep right over left, step left onto left cross right, left (moving forward)

### CROSS BACK, TRIPLE TURN LEFT X 2, LEFT SAILOR STEP

1-2 Cross left over right, step back right  
3&4 ½ turn triple left (left, right, left)  
5&6 ½ turn triple left (right, left, right)  
7&8 Sailor step left

### RIGHT ¼ TURN, SAILOR STEP, LEFT SHUFFLE FORWARD, ½ TURN LEFT, HIP BUMPS

1&2 ¼ right turn, sailor step  
3&4 Left shuffle forward  
5-6 Step forward right, ½ turn left  
7&8 Small step forward on right, bump hips right, left, right

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