

And Just Lay Low

32 Count, 4 Wall, Improver

Choreographer: Pascal Dhome (FR) Dec 2014

Choreographed to: Lay low by Josh Turner (128 bpm)

Start after 32 counts

1-8 SIDE, BEHIND, STEP WITH ¼ TURN R, STEP L, ¼ TURN R, WALK (X3)

- 1-2 Step right to the right, left behind right
- 3-4 ¼ turn right, step forward on right, step forward on left
- 5-6 ¼ turn right on both balls, step forward on left
- 7-8 Step forward on right, step forward on left

9-16 ROCK STEP, RECOVER, SHUFFLE BACKWARD WITH ¼ TURN RIGHT CROSS, SIDE, SAILOR WITH ¼ TURN LEFT

- 1-2 Step right forward, recover weigh on left
- 3&4 Step right to right side, step left next to right making a ¼ turn right, step right to right side
- 5-6 Cross left over right, step right to right side.
- 7&8 Cross L behind R, turn ¼ L stepping R a small step to R side (&), step L to left.

17-24 CROSS, POINT (TWICE), JAZZ BOX WITH ¼ TURN RIGHT

- 1-2 Cross right over left, touch left toe to left side
- 3-4 Cross left over right, touch right toe to right side
- 5-6 Cross right over left, step back on left,
- 7-8 Step right to right side making a ¼ turn right, step left over right.

25-32 ROCK STEP, RECOVER, TRIPLE HALF TURN, STEP, FULL TURN, TOUCH,

- 1-2 Step forward on right, recover onto left
- 3-4 Shuffle ½ turn R stepping R, L, R
- 5-6 Step left forward, make 1/2 turn left stepping back on right,
- 7-8 Make 1/2 turn left stepping forward on left, touch right beside left,

Taglet/Restart: on wall 4 (9h) Replace the sailor ¼ turn by ½ turn and Restart after 16 count

Tag: After wall 9: (6 o'clock)

1-8 STEP TURN ½ LEFT (TWICE)

- 1-2 Step Right forward, turn ½ left
- 3-4 Step Right forward, turn ½ left

You're facing 12 o'clock and restart the dance

HAVE FUN