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## Lay Low

32 Count, 4 Wall, Improver

Choreographer: Judy Rodgers (USA) May 2015

Choreographed to: Lay Low by Josh Turner; I'm In Heaven

When I'm With You by Roy Hamilton, Album: Lazy Hazy

Sunday Afternoon

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48 count intro (Lay Low);

32 intro on 2<sup>nd</sup> song by Roy Hamilton (slower and bluesy – great practice song)

### Step, cross rock, recover, shuffle, cross, turn ¼, turn ¼ shuffle

1 Step R to right side  
2-3 Cross rock L over R, recover R  
4&5 Shuffle to left L R L  
6-7 Cross R over L, turn ¼ right step L back 3:00  
8&1 Turn ¼ right shuffle R L R 6:00

### Rock, recover, step lock step, rock, recover, turn ½ shuffle

2-3 Rock L fwd, recover R  
4&5 Step lock step back L R L  
6-7 Rock R back, recover L  
8&1 Turn ½ left shuffle in place R L R (last R is beginning of dance) 12:00  
R \*\*\*Lay Low – wall 4 restart here starting with count 2  
R \*\*\*I'm in Heaven when I'm with you – wall 6 restart here starting with count 2

### Turn ¼ rock, recover, cross shuffle, walk, walk, mambo step

2-3 Turn ¼ left rock L to left side, recover R 9:00  
4&5 Cross shuffle L R L  
R \*\*\*Lay low – wall 9 restart here – replace cross shuffle with 1 count - cross L over R  
6-7 Walk R, walk L fwd to right diagonal 10:30  
8&1 Rock R fwd, recover L, step R back

### Walk, turn ½ walk, rock, recover, turn 1/8, sway, sway, step right, together

2-3 Walk L back, turn ½ right step R fwd 4:30  
4&5 Rock L fwd, recover R, turn 1/8 left step L to left side 3:00  
6-7 Sway R, sway L  
8& Step R to right side, L beside R

### 2 Restarts when using Lay Low:

**Wall 4** starts 9:00 – restarts 9:00:  
restart from beginning with count 2

**Wall 9** starts 9:00 – restarts 6:00:  
replace the cross shuffle with 'cross L over R' (count 4), restart from beginning with count 1

### 1 Restart when using I'm in Heaven when I'm with you:

**Wall 6** starts 3:00 – restarts 3:00  
restart from beginning with count 2