

Lay Back

64 Count, 2 Wall, Intermediate

Choreographer: Reet (UK) July 2015

Choreographed to: Lay Back In The Arms Of Someone by
Chris Norman

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- 1 R.Chasse.-L.rock back rec.- L Chasse.-R.rock back rec..**
1&2 3-4 Right Chasse, rock back on L.recover weight onto R.
5&6 7-8 Left Chasse, rock back on R. recover weight onto L.
- 2 Dip ¼ L.dig heel.-Dip ½ R.dig heel.-Dip ½ L.hook L.shuf fwd.**
1-2 3-4 Side R..Dip ¼ L-L.heel fwd-Dip ½ R(weight L)-R.heel fwd.
5-6 7&8 Dip ½ L(weight R) hooking L.- L. shuffle fwd. (9.00)
- 3 Rock fwd R.rec-¾ triple turn R.-Cross L. ¼ L (R.bk) L.chasse**
1-2 3&4 Rock fwd on R. rec bk on L.- ¾ triple turn over R. (6.00)
5-6 7&8 Cross L.over R.-Turn¼ L.(back on R)- L.chasse. (3.00)
- 4 R. fwd Pivot ¼ L - Sway R-L -----Repeat**
1-2 3-4 R. forward pivot turn ¼ L.- sway hips R - L. (12.00)
5-6 7-8 R. forward pivot turn ¼ L.- sway hips R.- L. (9.00)
- 5 ***Switches- L.to side hold-R.to side hold-Switch L.to side hitch, cross, unwind ½ R. (weight L)**
&1-2 Switch weight onto R.touch L.to L.side, Hold
&3-4 Switch weight onto L.touch R.to R.side, Hold
&5-6 Switch weight onto R.touch L.to L.side, hitch L,
7-8 Cross L.over R.- ½ unwind R. (weight L.) (3.00)
- 6 Sailor ¼ R.- Sway L-R -- L Chasse- R. Cross shuffle.**
1&2 3-4 Sailor turn ¼ R.- Sway hips L-R.
5&6 7&8 Chasse L. - R over L with cross & cross. (6.00)
- 7-8 Repeat from *** to last 4 counts (3.00)**
5&6 7-8 Chasse L.-¼ R.rocking back on R.rec onto L. (6.00)
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