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Lay You Down Easy

32 Count, 2 Wall, Improver

Choreographer: Suzi Beau (UK) Jun 2016

Choreographed to: Lay You Down Easy by Magic,
ft. Sean Paul

Intro: Start 8 Counts after heavy beat (rapping) on the words "I know you don't believe me"

Section 1: R Coaster Step, Step 1/4 Cross, Chasse R, Back Rock Side

1&2 Step back on R, Step L together, Step forward R
3&4 Step fwd L, pivot 1/4 R, Cross L Over R
5&6 Step R to R side, Close L to R, Step R to R side
7&8 Rock back on L, recover on R, Step L to L side

Section 2: Behind 1/4 L Forward, L Shuffle, R Mambo Kick Back Kick Back

1&2 Step R behind L, Turn 1/4 L Stepping L fwd, Step R fwd
3&4 Step fwd L, Close R to L, Step fwd L
5&6 Rock fwd on R, Recover on L, Step back on R
&7&8 Kick L fwd, Step back L, Kick R fwd, Step back R

Section 3: Coaster 1/4 R Mambo 1/2 Turn 3/4 R Cross Shuffle

1&2 Step back on L, Close R to L, Step L fwd turning 1/4 R
3&4 Rock fwd on R, recover on L, Turn 1/2 R stepping fwd R
5,6 Turn 1/2 R stepping back L, Turn 1/4 R stepping R to R side
7&8 Cross L over R, Step R to R side, Cross L over R

Section 4. Bump & Side, Sailor Step, Touch Behind Unwind, Shuffle 1/2 Hitch

1&2 Step on to ball of R bumping hip R up, Bump hip L, Step R to R side
3&4 Step L behind R, Step R to R side, Step L in place
5,6 Touch R back, unwind 1/2 bending knees, keeping weight on R
7&8& Shuffle 1/2 L stepping L, R L, Hitch R

No Tags Or Restarts Yippee Xxx
