



Lay It All On Me

32 Count, 4 Wall, Improver

Choreographer: Julie Carr (UK) Jan 2018

Choreographed to: Lay It All On Me by Blackberry Smoke

Section 1

Walk x2 LR, L Forward Rocking chair, L Side rock recover, L sailor 1/2 turn

- 1-2 Walk forward twice L-R
- 3-4 Rock forward on L recover back on R
- 5-6 Rock out to L, side recover side on R on R
- 7&8 Make a left Sailor 1/2 turn, cross L over R. (weight on left).

Section 2

R & L Side Step touch x 2, R kick ball cross, R Side rock recover on L, R ball step to L.

- 1-2 Step R to R, touch L diagonal forward to L
- 3-4 Step L to L touch R diagonal forward to R
- 5&6 Right kick ball cross L over R, (kick R forward recover weight on R step on L.
- 7-8 R side rock out to R, recover side L.(weight on L)

Section 3

R Ball Side Step, L Figure Eight,

- & 1-2 Bring R next to L step side L, step R behind L
- 3-4 Step forward on L as you make 1/4 left turn as you step forward on R (9 o'clock)
- 5-6 Make a 3/4 turn L ,weight on R (12 clock)
- 7-8 L behind R step forward on R as you make 1/4 turn R. (3 o'clock)

Section 4

L Forward Rock recover, 1/2 L Triple turn. R Forward rock recover, 1/2 Triple turn.

- 1-2 L forward rock ,recover back on R
- 3&4 Make a 1/2 Triple turn L.
- 5-6-7&8 R forward rock recover back on L, triple 1/2 turn R (3 o'clock)

Thank you to my Boys for the track

Last Update - 28th Jan. 2018