

Lay It Back

Count: 32

Wall: 2

Level: Improver

Choreographer: Kenny Kim (USA) - August 2026

Music: Perm - Bruno Mars



1 Restart at Wall 11, Count 16: (Hold for last 4 counts instead of step + shuffle + kick)

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|-------|---|
| 1 | Jump back onto RF |
| 2 | Jump forward onto LF while scuffing RF |
| 3&4 | Step RF to side, slide LF together, cross RF in front |
| 5,6 | Point LF behind RF, pivot 1/4 turn left |
| 7&8 | Thrust hip to the right upwards then downwards |
| 1&2& | Tap LF to the left, LF together, tap RF to the right, hitch right |
| 3 | Step RF to side and pivot 1/4 turn left |
| 4 | Step LF back and lift/hitch RF |
| 5,6&7 | Step RF, shuffle starting with LF |
| 8 | Kick RF and clap underneath |
| 1,2 | Rock forward on RF, recover on LF |
| 3,4 | Sweep RF back, sweep LF back |
| 5,6 | Sweep RF 1/4 turn right, sweep LF 1/2 turn right |
| 7,8 | Stomp RF, hitch RF while 1/4 turn right |
| 1&2 | Side-together-cross starting on RF |
| 3-4 | Step LF to the left, slide RF together |
| 5& | Twist RF heel in, twist RF heel back to center |
| 6& | Twist LF heel in, twist LF heel back to center |
| 7&8 | Twist Rf heel in, twist RF toe in, hitch RF knee up |
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