

# Lay Low

**Count:** 32

**Wall:** 4

**Level:** Improver / Intermediate

**Choreographer:** Mick Harris (UK) - April 2013

**Music:** Lay Low - Blake Shelton



**Start:** approx. 20 counts ( on the word "of")

## **VINE WITH SYNCOPATED STEP X 2.**

- 1,2,3,4&      step L behind R, step R to R side, cross L over R, step R to R side, step L next to R. ( weight on L foot)
- 5,6,7,8&      step R behind L, step L to L side, cross R over L, step L to L side, step R next to L. ( weight on R foot)

## **JAZZ BOX WITH TOUCH, KICK, KICK , SAILOR ¼ TURN.**

- 1,2,3,4      step L across R, step back on R, step L to L, touch R beside L.
- 5,6      kick fwd with R, kick R out to R.
- 7&8      step R behind L turning ¼ R, step L in place, step R in place. (3.00)

## **STEP, PIVOT, TURN , TURN, CROSS POINT X 2.**

- 1,2      step fwd on L, pivot turn ½ R. (9.00)
- 3,4      turn ½ R stepping fwd on L, turn ½ R stepping back on R.
- (alternative : walk, walk L,R.)**
- 5,6      step L across R, point R out to R side.
- 7,8      step R across L, point L out to R side.

## **¼ TURN, STEP, CROSS SHUFFLE, STEP PIVOT, SHUFFLE FULL TURN.**

- 1,2      keeping the L out to the side arc it back to turn ¼ L, step the R next to L.
- (transferring weight onto R)**
- 3&4      step L across R, step R slightly to R, step L across R. (6.00)
- 5,6      step R to R side, pivot 1/4 L transferring weight to L. (3.00)
- 7&8      Shuffle full turn L ( RLR).
- (alternative : shuffle fwd RLR )**

**Start again.**

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