

# Lady Lay Down

**Choreographed by:** Mikael Mölsä (11.5.2003 approx. 21:50)

**Description:** 48 count, 4 wall waltz line dance

**Music:** Lady Lay Down by Dancelife (CD: *Dancelife Zählt 1-2-3 Und...(& Einzähler)*)

**Level:** Beginner/Intermediate

**Starting point:** Start approx. 0:08

## RISE & FALL BASIC

1-2-3 Step left to left side, step right next to left, step left forward  
4-5-6 Step right to right side, step left next to right, step right back

## SYNCOPATED TURN, ROCK STEP, SIDE

1-2&3 Step left forward and turn  $\frac{1}{4}$  to left, step right to right side, step left behind right, step right to right side (now facing 9:00)  
4-5-6 Rock left over right, recover weight back to right, step left to left side

## TWINKLE, TWINKLE

1-2-3 Cross step right over left, step left to side, step right in place  
4-5-6 Cross step left over right, step right to side, step left in place

## $\frac{1}{2}$ TURNS

1-2-3 Step right over left, step left back and turn  $\frac{1}{4}$  to right, step right to side and turn  $\frac{1}{4}$  to right (now facing 3:00)  
4-5-6 Step left over right, step right back and turn  $\frac{1}{4}$  to left, step left to side and turn  $\frac{1}{4}$  to left (now facing 9:00)

## ROCK STEP, SIDE, ROCK STEP, SIDE

1-2-3 Rock right over left, recover weight on left, step right to side  
4-5-6 Rock left over right, recover weight on right, step left to side

## STEP, STEP, $\frac{1}{2}$ TURN PIVOT, FULL TURN

1-2-3 Step right forward, step left forward, turn  $\frac{1}{2}$  to right (now facing 3:00)  
4-5-6 Turn  $\frac{1}{4}$  to left while stepping left forward, turn  $\frac{1}{4}$  to left while stepping right forward, turn  $\frac{1}{2}$  to left while stepping left forward (now facing 3:00)

**Option:** on counts 4-5-6 you can just take three steps forward.

## ROCK STEP, BACK, $\frac{1}{2}$ TURN, $\frac{1}{2}$ SWEEP

1-2-3 Rock right forward, recover weight on left, step right back  
4-5-6 Turn  $\frac{1}{2}$  to left while stepping left forward (4), sweep right next to left while turning  $\frac{1}{2}$  to left (5-6) (now facing 3:00)

## ROCK STEP, BACK, $\frac{1}{2}$ TURN, $\frac{1}{2}$ SWEEP

1-2-3 Rock right forward, recover weight on left, step right back

4-5-6 Turn ½ to left while stepping left forward (4), sweep right next to left while turning ½ to left (5-6) (weight ends on the right foot). (now facing 3:00)

**REPEAT**

