

# Lay Low

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**Count:** 32      **Wall:** 4      **Level:** Improver

**Choreographer:** Judy Rodgers (USA) May 2015

**Music:** Lay Low by Josh Turner (new single)

**Alt. music: I'm in Heaven when I'm with you by Roy Hamilton; album: Lazy Hazy Sunday Afternoon**

**~48 count intro (Lay Low); 32 intro on 2nd song by Roy Hamilton (slower and bluesy - great practice song)**

**Step, cross rock, recover, shuffle, cross, turn  $\frac{1}{4}$ , turn  $\frac{1}{4}$  shuffle**

- 1            Step R to right side
- 2-3        Cross rock L over R, recover R
- 4&5        Shuffle to left L R L
- 6-7        Cross R over L, turn  $\frac{1}{4}$  right step L back 3:00
- 8&1        Turn  $\frac{1}{4}$  right shuffle R L R 6:00

**Rock, recover, step lock step, rock, recover, turn  $\frac{1}{2}$  shuffle**

- 2-3        Rock L fwd, recover R
- 4&5        Step lock step back L R L
- 6-7        Rock R back, recover L
- 8&1        Turn  $\frac{1}{2}$  left shuffle in place R L R (last R is beginning of dance) 12:00

**\*\*\*Lay Low - wall 4 Restart here starting with cnt 2**

**\*\*\*I'm in Heaven when I'm with you - wall 6 restart here starting with cnt 2**

**Turn  $\frac{1}{4}$  rock, recover, cross shuffle, walk, walk, mambo step**

- 2-3        Turn  $\frac{1}{4}$  left rock L to left side, recover R 9:00
- 4&5        Cross shuffle L R L

**\*\*\*Lay low - wall 9 restart here - replace cross shuffle with 1 count - cross L over R**

- 6-7        Walk R, walk L fwd to right diagonal 10:30
- 8&1        Rock R fwd, recover L, step R back

**Walk, turn ½ walk, rock, recover, turn 1/8, sway, sway, step right, together**

- 2-3** Walk L back, turn ½ right step R fwd 4:30
- 4&5** Rock L fwd, recover R, turn 1/8 left step L to left side 3:00
- 6-7** Sway R, sway L
- 8&** Step R to right side, L beside R

**#2 Restarts when using Lay Low:**

**Wall 4 starts 9:00 - Restarts 9:00: Restart from beginning with count 2**

**Wall 9 starts 9:00 - Restarts 6:00: replace the cross shuffle with 'cross L over R' (cnt 4), Restart from beginning with count 1**

**\*1 Restart when using I'm in Heaven when I'm with you: Wall 6 starts 3:00 - Restarts 3:00**

**Restart from beginning with count 2**

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