

AS I LAY ME DOWN

Description: 32 ct, 4 wall, Improver
Choreographed by: Roy Verdonk (nl), José Miguel Belloque Vane (nl) March 2017
Music: As I Lay Me Down - Wiktorija
Intro : 4 counts

DOROTHY STEP, HEEL SWITCHES (2X)

1-2& Rf step fwd on r diagonal, Lf lock behind Rf, Rf step fwd on r diagonal (&)
3&4& Lf touch heel fwd, Lf step together (&), Rf touch heel fwd, Rf step together (&)
5-6& Lf step fwd on l diagonal, Rf lock behind Lf, Lf step fwd on l diagonal (&)
7&8& Rf touch heel fwd, Rf step together (&), Lf touch heel fwd, Lf step together (&)

STEP, 1/4 TURN L, CROSS SHUFFLE, SLIDE L, SAILOR WITH 1/4 TURN R

1-2 Rf step fwd, make 1/4 turn l stepping Lf l (9.00)
3&4 Rf cross in front of Lf, Lf step l (&), Rf cross in front of Lf
5-6 Lf make slide l, Rf drag next to Lf (weight remains on Lf)
7&8 Rf cross Lf, make 1/4 turn r stepping Lf left (&), Rf step r (12.00)

HEEL GRIND WITH 1/4 TURN L, COASTER, ROCK/RECOVER, SHUFFLE R WITH 1/4 TURN R

1-2 Lf dig heel in front and across Lf toes in, make 1/4 turn l on heel of Lf toes out stepping Rf back (9.00)
3&4 Lf step back, Rf step together (&), Lf step fwd
5-6 Rf rock fwd, recover onto Lf
7&8 make 1/4 turn r stepping Rf r (12.00), Lf step together (&), Rf step r

CROSS, 1/4 TURN L, BACK, SHUFFLE BACK, ROCK/RECOVER, FULL TURN L (R, L)

1-2 Lf cross on front of Rf, make 1/4 turn left stepping Rf back (9.00)
3&4 Lf step back, Rf step together (&), Lf step back
5-6 Rf rock back, recover onto Lf
7-8 make full turn l (R, L)
(Easier option : walks R,L)