

Swivelfeet Linedancers Hälsinglands gladaste Linedancers

Besök alltid vår hemsida; WWW.swivelfeet.se

As I Lay Me Down

Count: 32 Wall: 4 Level: Improver

Choreographer: Roy Verdonk (nl), José Miguel Belloque Vane (nl) March 2017

Music: As I Lay Me Down – Wiktoria

Intro : 4 counts



Actual footwork

Section 1	Dorothy Step, Heel Switches (2X)
1 – 2 &	Rf step forward on right diagonal, Lf lock behind Rf, Rf step forward on right diagonal (&)
3 & 4 &	Lf touch heel forward, Lf step together (&), Rf touch heel forward, Rf step together (&)
5 – 6 &	Lf step forward on left diagonal, Rf lock behind Lf, Lf step forward on left diagonal (&)
7 & 8 &	Rf touch heel forward, Rf step together (&), Lf touch heel forward, Lf step together (&)

Section 2	Step, 1/4 Turn L, Cross Shuffle, Slide L, Sailor With 1/4 Turn R
1 - 2	Rf step forward, make 1/4 turn left stepping Lf left (9.00)
3 & 4	Rf cross in front of Lf , Lf step left (&), Rf cross in front of Lf
5 - 6	Lf make slide left, Rf drag next to Lf (weight remains on Lf)
7 & 8	Rf cross Lf , make 1/4 turn right stepping Lf left (&), Rf step right (12.00)

Section 3	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 left on heel of Lf toes out stepping Rf back (9.00)
3 & 4	Lf step back, Rf step together (&), Lf step forward
5 - 6	Rf rock forward, recover onto Lf
7 - 8	Make 1/4 turn right stepping Rf right (12.00), Lf step together (&), Rf step right

Section 4	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 left (R, L)

(Easier option : walks R,L)