

Lay Me Down

Song: Lay Me Down
Artist: Sam Smith/ (featuring John Legend) 3.39mins
Choreographer: Rachel Burgess- Sydney-Australia- July 2015
Description: 2 Wall- Intermediate dance

Beats	Steps	Intro: Start immediately (with lyrics-yes)
1-8	HITCH, TOUCH, SWAY, TRIPLE FULL TURN, BACK/SWEEP, BACK/SWEEP, BEHIND, ½ TOGETHER, BACK, HOOK	
&1,2,3&4	Hitch R, touch R to R side, replace weight to R & sway hips to R, turn ¼ L & step fwd L, turn ½ L & step back R, turn ¼ L & step L to L side	
5&5&6, 7&8&	Turn to face 45degL (10:30) & step/hop back on R, sweep L around anticlockwise, step/hop back on L, sweep R around clockwise, step R behind L, turn ½ R to face 45degL (4:30) & step L beside R, step back R, hook L on R shin (4:30)	
9-16	FWD, TURN TOUCH, CROSS, SIDE, REPLACE, CROSS, TOUCH TURN, FULL TURN, FULL TURN, PIVOT ½, STEP	
1&2&3&4	Step fwd L (still facing 45L (4:30)), turn 1/8 th L (3:00) & touch R to R side, cross/step R over L, rock/step L to L side, replace weight to R, cross/step L over R, turn 1/8 th L & touch R beside L (1:30)	
5&6&7&8&	(1:30) Step fwd R, turn ½ turn R & step back L, turn ½ R & step fwd R, turn ½ R & step back L, turn ½ R & step R, step fwd L, pivot ½ turn R (to 45R) step fwd L (7:30)	
17-24	TURN, TOUCH, ½ TOUCH, SWAY X 3, WALK, WALK, FWD, TURN STEP TGTHR, BACK, TGTHR	
1,2,3&4	Turn ¼ turn L & touch R to R side (4:30) , replace weight to R & turn ½ R & touch L to L side, sway hips L, R, L (10:30) (45degL)	
5,6,7&8&	Still facing 45L (10:30) , Walk fwd R, L, step fwd R, turn 3/8 th R (3:00) & step L beside R, step back R, step L beside R	
25-32	FWD, ½ BACK, ¼ SIDE/Drag, CROSS, ¼ BACK, SIDE/Drag, FULL TURN FWD, PIVOT ¾ R, SIDE	
1&2,3&4	Step fwd R, turn ½ R & step back L, turn ¼ R & step R to R & dragging L (12:00) , cross/step L over R, turn ¼ L & step back R, step L to L & dragging R (9:00)	
5&6&,7&8	Step fwd R, turn ½ R & step back L, turn ½ R & step fwd R, hook L behind R, step back L, turn ½ R & step fwd R, turn ¼ turn R & step to L (leaving R toe to R side) (6:00)	
Begin Again!		
Restarts:	Wall 2. Dance counts 1-16 (up to the step fwd R), then turn R to face the front, stepping L to L on count (&).	
Tag:	End of wall 3 facing (6.00) (1)Sway R, (2) sway L, triple turn to R (3&4)	
Tag:	End of wall 5 facing (6.00). 1,2,3,4 Walk fwd R,L,R, pencil ½ turn R, 5,6,7,8 walk fwd L,R,L, pencil ½ turn L, 1,2,3,4 sway hips R,L,R,L, 5,6,7,8 turn full turn to R side & step L beside R. (weight L)	
End:	Wall 6, music slows down, keep with the beat & dance to count 17, then replace weight to R & slow sweep L around to front (arms out to side if you like)	