# Lay It on Me

**Count:** 32 **Wall:** 2 **Level:** Improver
**Choreographer:** Marianne Langagne (FR) & Agnes Gauthier (FR) - 22 May 2026
**Music:** Lay It On Me - Frank Walker, Josh Ross & Norma Jean Martine

**1 Restart (2nd Wall) – 1 Tag (End of 4th Wall)**
**Intro : 16 Counts**
**Sequences : 32 – 16R- 32 – 32 – TAG – 32 – 32 until the end**
**Special feature : 2 Wall choreography with Wall change (9.00 / 3.00) between restart and tag.**

**Choreography written for the workshop on May 30, 2026 at the Navajos Country Dancers in Marck (62)**

**S 1 BALL FWD, HEEL SPLIT, COASTER STEP, MAMBO, COASTER STEP**

| | |
|---|---|
| 1 & 2 | RF Fwd, the 2 Heels out, the 2 Heels back to the center (Weight on LF) |
| 3 & 4 | RF Back, Together, RF Fwd |
| 5 & 6 | LF Fwd, Recover on RF, LF slightly Back (Weight on LF) |
| 7 & 8 | RF Back, Together, RF Fwd |

**S 2 STEP ½ TURN R, ½ TURN R TRIPLE BACK , ¼ TURN SIDE SHUFFLE, KICK BALL POINT**

| | |
|---|---|
| 1 – 2 | LF Fwd, ½ Turn R (Weight on RF) (6 :00) |
| 3 & 4 | ½ Turn R – LF Back, Together, LF Back (12:00) |
| 5 & 6 | ¼ Turn R – RF to the R, Together, RF to the R (3 :00) |
| 7 & 8 | Kick LF Fwd, Ball L next to RF, R Point to the R - HERE RESTART – 2nd Wall (Facing 9.00) |

**S 3 VAUDEVILLE R, VAUDEVILLE ¼ TURN L, STEP ½ TURN L, FULL TURN * ,**

| | |
|---|---|
| 1 & 2 | Cross RF over LF, LF Back, R Heel Fwd |
| & | Together |
| 3 & 4 | Cross LF over RF, RF Back in ¼ Turn L, L Heel Fwd (12 :00) |
| & | Together |
| 5 – 6 | RF Fwd, ½ Turn L (Weight on LF) (6 :00) |
| 7 – 8 | ½ Turn L – RF Back, ½ Turn L – LF Fwd * (Option Walk R / L) |

**S 4 CROSS ROCK & WEAVE TO R, CROSS ROCK & WEAVE TO L &**

| | |
|---|---|
| 1 -2 | Cross RF over LF, Recover on LF |
| & | Together |
| 3 & 4 | Cross LF over RF, RF to the R, LF Behind RF |
| & | Together |
| 5 – 6 | Cross LF over RF, Recover on RF |
| & | Together |
| 7 & 8 | Cross RF over LF, LF to the L, Cross RF Behind LF |
| & | Together |

**TAG : JAZZ BOX ¼ TURN R (end of 4th Wall)**

| | |
|---|---|
| 1-2-3-4 | Cross RF over LF, LF Back, ¼ Turn R – RF to the R, LF Fwd (12.00) |

**Dance & Have Fun !!!!**

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