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## Lay It All On Me

32 Count, 4 Wall, Beginner

Choreographer: John Huffman (USA) Nov 2015

Choreographed to: Lay It All On Me by Rudimental,  
ft. Ed Sheeran (Album: We The Generation)

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**Intro: Dance starts after 32 counts (approx.16 secs in) Weight on L**

### **Weave, Diagonal Rocking Chair**

- 1-2 1) Step R to side 2) Step L behind R
- 3-4 3) Step R to side 4) Step L across R
- 5-6 5) Rock R to R diagonal 6) Recover to L
- 7-8 7) Rock R diagonally back 8) Recover to L (12:00)

### **Siderock, Recover, Cross, Hold, Side, Behind, 1/4, Hold**

- 1-2 1) Rock R to side 2) Recover to L
- 3-4 3) Step R across L 4) Hold
- 5-6 5) Step L to side 6) Step R behind L
- 7-8 7) Turn 1/4 L step L fwd 8) Hold (9:00)

### **Rock, Recover, Back, Hold, Back x 3, Hold**

- 1-2 1) Rock R fwd 2) Recover to L
- 3-4 3) Step R back 4) Hold
- 5-6 5) Step L back 6) Step R back
- 7-8 7) Step L back 8) Hold (9:00)

### **Coaster Step, Hold, Rock, Recover, Side, Touch**

- 1-2 1) Step R back 2) Step L to R
- 3-4 3) Step R fwd 4) Hold
- 5-6 5) Rock L fwd 6) Recover to R
- 7-8 7) Step L to side 8) Touch R to L (9:00)

**Repeat, Have Fun**