

# Cha Lay Low

**Count:** 32      **Wall:** 4      **Level:** Improver  
**Choreographer:** Rep Ghazali-Meaney, Scotland (March 2013)  
**Music:** Lay Low by Blake Shelton (107 bpm)

**16 count intro, starts on the word "bottle"**

**[01-08] R ROCK BACK-RECOVER L, R SHUFFLE FWD, L ROCK FWD-RECOVER L, L SHUFFLE ½ TURN**

1-2                    rock back Right, recover on Left  
3&4                   step forward Right, step Left together, step forward Right  
5-6                   rock forward Left, recover on Right  
7&8                   ½ turn Left by stepping forward on Left, step Right together, step forward Left (6)

**[09-16] R FWD-¼ PIVOT, R CROSS SHUFFLE, L SIDE POINT-L HOOK ¼ TURN L, L SHUFFLE FWD**

1-2                    step forward Right, ¼ pivot turn Left (3)  
3&4                    cross Right over Left, step Left to Left side, cross Right over Left  
5-6                    point Left to Left side, hook on Left making ¼ turn Left (12)  
7&8                    step forward Left, step Right together, step forward Left

**RESTART: 5th wall**

**[17-24] R CROSS-L BACK, R SIDE ROCK-L RECOVER ¼ TURN L, R FWD-½ PIVOT, FULL TURN L**

1-2                    cross Right over Left, step back Left  
3-4                    side rock on Right, recover on Left making ¼ turn Left (9)  
5-6                    step forward Right, ½ pivot turn Left (3)  
7-8                    ½ turn Left by stepping back on Right, ½ turn Left by stepping forward on Left

**Non Turner: walk forward Right-Left**

**[25-32] R SHUFFLE FWD, L FWD-½ PIVOT, L SHUFFLE FWD, R ROCK FWD-RECOVER L**

1&2                    step forward Right, step Left together, step forward Right  
3-4                    step forward Left, step ½ pivot turn Right (9)  
5&6                    step forward Left, step Right together, step forward Left  
7-8                    rock forward Right, recover on Left (9)

**RESTART: 5th Wall – DANCE UP TO COUNT 16 AND RESTART FROM FRONT WALL**