

Lay Off My B.S.S.

Compte: 32

Mur: 4

Niveau: Improver



Chorégraphe: Bill "Bongo" Mason (UK)

Musique: Blue Suede Shoes - Dave Sheriff

HEEL & TOE TWICE, TRIPLE LEFT STEP, HEEL TOE TWICE, TRIPLE RIGHT STEP

1&2& Left heel, toe, heel, toe
3&4 Triple step left
5&6& Right heel, toe, heel, toe
7&8 Triple step right

MAMBO FORWARD, MAMBO BACK, CROSS SHUFFLE, CROSS SHUFFLE

1&2 Mambo forward on left
3&4 Mambo back on right
5&6 Cross left, right step right to right, cross left, right (moving forward)
7&8 Sweep right over left, step left onto left cross right, left (moving forward)

CROSS BACK, TRIPLE TURN LEFT TWICE, LEFT SAILOR STEP

1-2 Cross left over right, step right back
3&4 ½ turn triple left (left, right, left)
5&6 ½ turn triple left (right, left, right)
7&8 Sailor step left

RIGHT ¼ TURN, SAILOR STEP, LEFT SHUFFLE FORWARD, ½ TURN LEFT, HIP BUMPS

1&2 ¼ right turn, sailor step
3&4 Left shuffle forward
5-6 Step right forward, turn ½ left
7&8 Small step forward on right, bump hips right, left, right

REPEAT
