

Lazy Lullaby

拍数: 48 墙数: 2 级数: High Intermediate
编舞者: Lilian Lo (HK) - March 2019
音乐: Lazy by Toby Lightman – Let Go (3.04 mins)



Intro: 16 counts (10 seconds from the start of music)

(1 – 8) Walk, ¼ L, side, cross, ¼ R, ½ R, side rock, close

1,2,3 RF forward (1), ¼ turn L, LF forward (2), hold (3)
&4 RF step to side (&), LF cross over RF (4) @9:00
5,6 ¼ turn R, RF forward (5), ½ turn R, LF closed to RF (6) @6:00
7&8 RF rock R (7), replace on LF (&), RF closed to LF (8)

(9 – 16) Cross, tap, cross, tap, forward, 1/8 L, ½ L, coaster step, flick

1,2,3,4 LF cross over RF (1), RF tap behind LF (2), RF cross over LF (3), LF tap behind RF (4)
5,6 1/8 turn L, LF forward (5), ½ turn L, RF back (6) @10:30
7&8 LF back (7), RF closed to LF (&), LF forward, RF flick back (8)

(17 – 24) Forward, replace, slide back, flick, forward, replace, slide back, flick, forward, pull back, bend knee, side tap

1&2 RF forward (1), replace on LF (&), RF slide back to LF, LF flick back (2)
3&4 LF forward (3), replace on RF (&), LF slide back to RF, RF flick back (4)
5,6& RF forward (5), RF pull back and cross over LF, knees together, both heels up (6), R heel down (&)
7,8 Bend R knee, LF tap to side, L arm extend and point forward (7), hold (8)

(25 – 32) Cross behind, unwind ¾ turn L, twist, walk x 2,

1,2,3,4 LF cross behind RF, knees bent (1), slowly unwind ¾ turn L (2,3,4) @1:30
5,6 LF twist heel out, lift L hip up (5), LF twist heel in, drop L hip down (6)
7,8 Rise, LF forward (7), RF forward (8)

(33 – 40) Walk, 1/8 L, side, behind, hook, behind, ¼ L, ¼ L, ½ L, sweep

1,2,3,4 LF forward (1), 1/8 turn L, RF step to side (2), LF step behind RF (3), RF hook (4)@12:00
5,6 RF cross behind LF (5), ¼ turn L, LF forward (6) @9:00
7,8 ¼ turn L, LF to side (7), ½ turn L on RF, LF sweep (8) @12:00

(41 – 48) Cross behind, tap, cross behind, ¼ L, tap, forward, hitch, ¼ L, ball, step

1,2 LF cross behind RF (1), RF tap to side (2)
3,4 RF cross behind LF (3), ¼ L, LF tap to side (4) @ 9:00
5,6 LF forward (5), turn ¼ L on LF, R leg hitch (6) @ 6:00
7&8 Hold (7), RF step on ball in place (&), LF forward (8)

Have fun!