

# 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!**