

Lazy

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jerri Lynn Hicks (USA) - May 2023
音乐: The Lazy Song - Bruno Mars



Dance starts right away on vocals.

No tags No restarts

R Heel grind $\frac{1}{4}$, skate back 2x, coaster, slide , touch

1,2 Right heel grind to the right $\frac{1}{4}$ turn (3:00)
3,4 Skate back right foot then left foot
5&6 Step back with R, left next to right, left forward
7,8 Slide left with left foot, bring R next to left

Right foot point F, point R, cross, unwind $\frac{1}{2}$, Left foot point F, point L, cross, unwind $\frac{1}{2}$

1,2 Point R foot forward, point R foot to right side
3,4 Cross R foot over L, unwind $\frac{1}{2}$ turn (9:00)
5,6 Point L foot forward, point L foot to left side
7,8 Cross L foot over R, unwind $\frac{1}{2}$ turn (3:00)

R side together, side together, triple side, L side together, side together, triple side

1&2& R to Right side, Left next to R, left to left side, R next to left
3&4 Right to R side, left next to R Right to R side
5&6& L to left side, Right next to L, R to right side, L next to R
7&8 L to left side, R next to L, Left to left side.

Cross point, Cross point, Stomp Stomp, Hip Hip

1,2 Cross R over L, point Left foot to the left
3,4 Cross L over R, point Right foot to the right.
5,6 Stomp R foot forward, Stomp L foot forward
7,8 Exaggerate Hip R, Exaggerate Hip L
