

Laid Back And Lazy

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Lesley Johnston (AUS)
音乐: Lazy Bones - Beccy Cole



POINT TOGETHER, POINT ¼ TURN LEFT, POINT TOGETHER, POINT ¼ TURN LEFT

1-3 Point right toe to side, bring right to meet left, point left to side
4 Bring left back to meet right as you ¼ turn to left
5-7 Point right toe to side, bring right to meet left, point left to side
8 Bring left back to meet right as you ¼ turn to left

STEP BEND ROLL HIPS TOGETHER, STEP BEND ROLL HIPS TOGETHER

9 Step right to side while you slightly bend knees & roll hips
10-12 Continue to roll hips for counts 10-11 then touch left beside right
13 Step left to side while you slightly bend knees & roll hips
14-16 Continue to roll hips for counts 14-15 then touch right beside left

HEEL HOLD, TOE HOLD, POINT TOGETHER, ¼ TURN LEFT TOGETHER, POINT TOGETHER, POINT

17-20 Right heel forward, hold, right toe back, hold
21&22 Point right toe to side, bring right to meet left, ¼ turn left & left heel forward
&23&24 Bring left together, point right to side, bring right to meet left, point left to left side

ACROSS & POINT (VOLTA), ACROSS & POINT, ACROSS & POINT, ACROSS ½ TURN RIGHT

25&26 Moving forward-cross left over right, point right to side, step left in place
27&28 Moving forward-cross right over left, point left to side, step right in place
29&30 Moving forward-cross left over right, point right to side, step left in place
31&32 Crossing right over left as you ½ turn right, step down on left then right

ACROSS & POINT (VOLTA), ACROSS & POINT, ACROSS & POINT, ACROSS ¾ TURN RIGHT

33&34 Moving forward-cross left over right, point right to side, step left in place
35&36 Moving forward-cross right over left, point left to side, step right in place
37&38 Moving forward-cross left over right, point right to side, step left in place
39&40 Crossing right over left as you ¾ turn right, step down on left then right

SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, CROSS & CROSS

41-43 Step/rock left to side, step/rock right to side, step left behind right
&44& Step right to side, step left across right
45-47 Step right to side, step/rock onto left, cross right over left
&48& Step left to side, cross right over left

FULL TURN, SIDE ROCK CROSS, SIDE ROCK CROSS, HIPS RIGHT-LEFT

49&50 Commencing a full turn to right, step back on left, continue turn stepping right then left
(weight now on left)
51&52 Step/rock to right side, step/rock to left side, cross right over left
53&54 Step/rock left to side, step/rock to right side, cross left over right
55&56 Step right to right & push hips to right, then push hips to left

ROLLING VINE & CLAP, ROLLING VINE & CLAP

57-60 Rolling vine to right-stepping right-left-right bring left together lean & clap
61-64 Rolling vine to left-stepping left-right-left bring right together lean & clap

REPEAT

