

Lariat (L/P)

拍数: 32 墙数: 4 级数: line/partner dance
编舞者: jg2 (USA)
音乐: Catch A Falling Star - John Anderson



Think Patrick Swayzee! 1st 16 counts adapted from 'Dirty Dancing'

SIDE SHUFFLES (SIDE TRAVEL-NO FORWARD TRAVEL)

- 1 Point right toe out to right side
- 2 Cross step right over left to left of left
- & Step left to left side
- 3 Step right slightly to right side (feet will be shoulder width apart)
- 4 Keeping right in place, cross step left over right to right of right
- & Keeping left in place, rock onto right (behind left)
- 5 Rock onto left (crossed over and forward of right)

CROSS & ROCK (IN PLACE)

- 6 **LADY:** Cross step right over left
MAN: Step slightly forward on right
- 7 **LADY:** Cross step Left over Right (keeping Left crossed over Right)
MAN: Step slightly forward on left (keeping left forward of right)
- & Rock back onto right
- 8 Rock forward onto left

KICK BALL CHANGE

- 9 Step slightly forward on right
- 10 Step slightly forward on left
- 11 Kick right forward
- & Stepping back on ball of right, slightly lift left
- 12 Step on left

KNEE BENDS (DOWN UP DOWN)

- 13 Step slightly forward on right
- 14 Stepping forward on left, angle body right (45 degrees to 1:30), bend knees (crouch) (left toe pointing front, right pointing 45 degrees right)
- 15-16 Keeping right and left in place, majority of weight on left, knees bent, bump down twice (down up down) (put shoulder movement into this)

FIGURE 8 HIP ROLLS (LADY), KNEE ROLLS (MAN)

- 17-20 Weight on right, slowly roll hips or left knee left to right twice (move hips or knee forward left around to back and around to front and back again. During this movement, left leg will bend and straighten)
- 21-24 Shifting weight to left, right heel slightly up, balancing on ball of right, make ¼ turn right (3:00), slowly rolling hips or right knee right to left twice (move hips or knee forward right around to back and around to front and back again)

SIDE JUMP-SLIDE (FLEA HOPS), HOLD WITH CLAP

- & Feet barely leaving floor, drag step right slightly to right side
- 25 Step left beside right
- 26 Hold & clap (weight on left)
- & Feet barely leaving floor, drag step right slightly to right side
- 27 Step left beside right

28 Hold & clap (weight on left)

3-COUNT TURN (TURNING FULL TURN SIDE RIGHT)

29 Weight on left, stepping on right to right side, make $\frac{1}{4}$ turn right (6:00)

30 On ball of right, make $\frac{1}{4}$ turn right (9:00), stepping on left

31 On ball of left, make $\frac{1}{2}$ turn right (3:00), stepping on right

32 Step left beside right

REPEAT
