

Lazy Day Shuffle

拍数: 32
编舞者: Vicky Potts
音乐: Unknown

墙数: 0

级数:



Position: Facing LOD. Both start on same foot. Holding hands side by side

- 1-2 Step left forward, touch right beside left
- 3-4 Step right back, touch left beside right
- 5-6 Step left forward, slide right beside left
- 7-8 Step left forward, scuff right forward

- 1-2 Step right forward, touch left beside right
- 3-4 Step left back, touch right beside left
- 5-6 Step right forward, slide left beside right
- 7-8 Step right forward, scuff left forward

- 1-2 Walk forward left, walk forward right
- 3-4 Walk forward left, hitch/lift right knee
- 5-6 Walk back right, walk back left
- 7-8 Walk back right, hitch/lift left knee

- 1&2 Left shuffle forward
- 3&4 Right shuffle forward
- 5&6 Left shuffle forward
- 7&8 Right shuffle forward

REPEAT
