

Lazy Horse Strut

拍数: 64 墙数: 2 级数:
编舞者: D.J. Lansaw (USA)
音乐: C-O-U-N-T-R-Y - Joe Diffie



TOE POINTS-JAZZ BOX

1-4 Touch right toe to side, cross right over left, touch left toe to side, cross left over right
5-8 Touch right toe to side, cross right over left, step left back, step right to side

REVERSE VINES

9-12 Cross left over right, step right to side, cross left over right, brush right forward
13-16 Cross right over left, step left to side, cross right over left, brush left forward

ROCK STEP, ½ PIVOT, KICK-BALL-CHANGE:

17-20 Rock left forward, recover to right, turn ½ left and step left forward, stomp/touch right together
21&22 Kick right forward, step right together, step left in place
23&24 Kick right forward, step right together, step left in place

RIGHT GRAPEVINE, TOUCH LEFT, HEEL JACK

25-28 Step right to side, cross left behind right, step right to side, touch left together
&29 Step left back, touch right heel forward
&30 Step right together, touch left toe together
&31&32 Repeat steps &29&30

LEFT GRAPEVINE, TOUCH RIGHT, HEEL JACK

33-36 Step left to side, cross right behind left, step left to side, touch right together
&37 Step right back, touch left heel forward
&38 Step left together, touch right toe together
&39&40 Repeat steps &37&38

TOE/HEEL STRUTS

41-42 Step right toe forward, drop right heel
43-44 Step left toe forward, drop left heel
45-48 Repeat steps 41-44

SYNCOPATED SPLITS WITH ½ TURN

&49 Step right slightly to side, step left slightly to side
50 Clap
&51 Step right to home, step left together
52 Clap
53-54 Kick right forward, cross right over left
55-56 Unwind ½ left
&57-64 Repeat counts &49-56

REPEAT
