

Lazy Lizzie

拍数: 32 墙数: 0 级数:
编舞者: Bryan Summers (UK)
音乐: Summertime Blues - Alan Jackson



RIGHT TOE/HEEL & COASTER STEP

- 1 Touch right toe in front of left foot
- 2 Touch right heel in front of left foot
- 3 Step back on right foot
- & Step left foot beside right
- 4 Step forward on right foot

LEFT TOE/HEEL & COASTER STEP

- 5 Touch left toe in front of right foot
- 6 Touch left heel in front of right foot
- 7 Step back on left foot
- & Step right foot beside left
- 8 Step forward on left foot

RIGHT & LEFT VINES WITH SPINS

- 9 Step to the side on right foot
- 10 Cross left foot behind right
- 11 Step to the side right on right foot
- 12 Spin full turn on ball of right foot
- 13 Step to the side left on left foot
- 14 Cross right foot behind left
- 15 Step to the side left on left foot
- 16 Spin full turn on ball of left foot

RIGHT & LEFT SIDE SHUFFLES WITH ROCK STEPS

- 17&18 Right side shuffle stepping right, left, right
- 19 Step behind with and rock on to left foot
- 20 Rock forward on to right foot
- 21&22 Left side shuffle stepping left, right, left
- 23 Step behind with and rock on to right foot
- 24 Rock forward on to left foot

½ PIVOT, ¼ PIVOT, LEFT SHUFFLE, ½ PIVOT

- 25 Step forward on right foot
- 26 Pivot ½ turn to left (keeping weight on left foot)
- 27 Step forward on right foot
- 28 Pivot ¼ turn to left placing weight on to the right foot
- 29&30 Left shuffle forward stepping left, right, left
- 31 Step forward on right foot
- 32 Pivot ½ turn to left (keeping weight on left foot)

REPEAT
