The Lazy Dance

拍数: 32	墙数: 4	级数: Intermediate

编舞者: Heidi Van Sinten (NL) - May 2011

音乐: The Lazy Song (Whistle Version Radio Edit) - Bruno Mars

Intro: 32 counts (start on the beat of the music)

Side touch, Flick, Cross, Side rock, Cross, 2x 1/4 turn left, Mambo step, Together

1&2	RF touch right, RF flick to right side, RF cross over LF
3&4	LF rock to the side, weight back on RF, LF cross over RF [12]
5-6	turn 1/4 left step RF back, turn1/4 left step LF to the side
7&8&	RF rock forward, weight back on LF, RF step back, LF step next to RF [6]

Walk R, Walk L, Shuffle forward, 2x 1/4 turn right, Shuffle forward, Scuff

1-2	RF step forward, LF step forward
3&4	RF step forward, LF step next to RF, RF step forward [6]
5-6	turn 1/4 right step LF back, turn 1/4 right step RF forward
7&8&	LF step forward, RF step next to LF, LF step forward, RF scuff forward [12]

R Side, Touch, L Side, Touch, R Side, Back rock, L Side, Touch, R Side, Touch, L Side, Behind, Side

1&2&	RF step to the side, LF touch next to RF, LF step to the side, RF touch next to LF
3-4&	RF big step to the side, LF rock behind RF, weight back on RF [12]
5&6&	LF step to the side, RF touch next to LF, RF step to the side, LF touch next to RF
7-8&	LF big step to the side, RF cross behind LF, LF step to the side [12]

Cross shuffle, 1/4 turn right shuffle forward, Side, Touch, Side, Together,Side touch, Together

1&2	RF cross over LF, LF step to the side, RF cross over LF
3&4	turn 1/4 right step LF forward, RF step next to LF, LF step forward [3]
5-6	RF big step to the side, LF touch next to RV
7&8&	LF step to the side, RF step next to LF, LF touch to the side, LF step next to RF [3]

End Of Dance, Start Again…

No Tags, No Restarts !!