

LAZY!!! (aka The SNUGGIE Dance)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Guyton Mundy (USA) - May 2011
音乐: The Lazy Song - Bruno Mars



[1-8] bounce X 4, cross back side X 2

1-2 with feet together, slightly bend knees and bounce on the diagonal to the right twice
3-4 with feet together, slightly bend knees and bounce on the diagonal to the left twice
5&6 Cross right over left, step back on left, step right to right side
7&8 cross left over right, step back on right, step left to left side

[9-16] walk, walk, shuffle, rock, recover, shuffle back

1-2 walk forward on right, walk forward on left
3&4 shuffle forward right, left, right
5-6 rock forward on left, recover on right
7&8 shuffle back left, right, left

[17-24] 1/2 turn, 1/2 turn, 1/4 turn triple to the side, out out, triple to the side

1-2 make a 1/2 turn over right shoulder stepping forward on right, make a 1/2 turn over right shoulder stepping back on left.
3&4 make a 1/4 turn to the right as you step right to right side, together with left, right to right side
5-6 step out to left on left, step out to right on right
7&8 step left to left side, step together with right, step left to left side

[25-32] CCW walk around

1-8 walk around in a CCW circle for counts 8, starting on right foot, , ending where you started this 8 counts

Restarts:

- 1 - On the 2nd wall you will do the first 8 counts of the dance once and then restart the dance.
- 2 - On the 3rd wall of the dance you will do the first 8 counts of the dance twice then restart the dance. This means you will do the first 8 counts a total of 3 times on this wall.
- 3 - On the 4th wall of the dance you will do the first 8 counts of the dance once and then restart the dance

Ending: On the 7th wall of the dance just do the 1st 8 counts of the dance twice.
