

Lasso

拍數: 32 牆數: 2 級數: Beginner
編舞者: Jen Newton (USA) - September 2015
音樂: Lasso (feat. Durwood Black) - Moonshine Bandits



#32 Count Intro (start when music starts) No Tags Or Restarts

Vine R, Scuff, Step-Scuff x2

1-4 Vine R, step R to side (1), step L behind (2), step R to side (3), scuff L (4)
5-8 Step L to side (5), scuff R (6), step R to side (7), scuff L (8)

Vine L, Scuff, Step-Scuff x2

1-4 Vine L, step L to side (1), step R behind (2), step L to side (3), scuff R (4)
5-8 Step R to side (5), scuff L (6), step L to side (7), scuff R (8)

Stomp R, Stomp L, Hip Bump R, Hip Bump L, Step forward R, ¼ L x2

1-2 Stomp forward R (1), stomp forward L (2)
3-4 Bump hips R (3), bump hips L (4)
5-6 Step forward R (5), turn ¼ L – weight to L (6) (9:00)
7-8 Step forward R (7), turn ¼ L – weight to L (8) (6:00)

Bump hips R-L-R, Bump hips L-R-L, Hip Circles x2

1&2 Bump hips R (1), L (&), R (2)
3&4 Bump hips L (3), R (&), L (4)
5-6 Circle hips R (5), L (6)
7-8 Circle hips R (7), L (8) – weight ends on L

Styling: During the lyrics that say “whip it like a lasso”, can swing arm above head and circle it above head like swinging a lasso.

These lyrics occur during the ¼ turns and also the hip circles, so the styling fits the dance and music.

Begin again!

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