

Lazy Dance

拍數: 32 牆數: 4 級數: Improver
編舞者: Chloë Trost (FR) & Alexa FERMON (FR) - March 2020
音樂: Lazy Day (feat. Danny Ocean) - Fuse ODG



Info : Intro 16 counts

Jump Diag. Back-Hook, Kick (x2), Bump x2, Chassé

&1-2 RF jump diag. back, LF hook across, LF kick forward
&3-4 LF jump diag. back, RF hook across, RF kick forward
5-6 RF step side and push hips right, push hips left
7&8 RF step side, LF together, RF step side

Cross, ¼ L Back, Chassé, Pivot ½ L x2

1-2 LF cross over, RF ¼ left step back
3&4 LF step side, RF together, LF step side
5-6 RF step forward, R+L ½ turn left
7-8 RF step forward, R+L ½ turn left

Fwd, Paddle Bkw ½ L, Sailor, Reverse Cross Shuffle

1 RF step forward
2-4 LF ¼ left point side, LF ⅛ left point side, LF ⅛ left point side
5&6 LF cross behind, RF step beside, LF step side
7&8 RF cross behind, LF step side, RF cross behind

Mambo Side x2, Camel Walk Fwd x2, Shuffle Fwd

1&2 LF rock side, RF recover, LF together
3&4 RF rock side, LF recover, RF together
5-6 LF step forward and push R knee forward, RF step forward and push L knee forward
7&8 LF step forward, RF step beside, LF step forward

Start again
