

Lasso

拍數: 32 牆數: 4 級數: Improver
編舞者: Michelle Wright (USA) - July 2023
音樂: Lasso - LANCO



Dance starts 48 count in on the lyrics "Tonight I'm a cowboy"
1 restart on wall 8 after 16 counts

Section 1: L double kick, R double kick L&R heel switches, L Heel w/ double clap

12& Kick L forward with a flexed heel, kick L forward with a flexed heel, Step L next to R
34& Kick R forward with a flexed heel, Kick R forward with a flexed heel, Step R next to L
5&6& Tap L heel forward, Step L next to R, Tap R heel forward, Step R next to L
7&8 Tap L heel forward, clap hands twice

(Styling: Make the steps look hoppy so your heels are in the air and don't make contact with the ground and your kicks come from a bent knee)

Section 2: Forward Rock, Recover, Hop back and out LR x2, Hips bumps or hip Roll

1,2 Rock forward on L, Recover on R
&34 Hop back out L, Out R, Hold or clap
&56 Hop back out L, Out R, Hold or clap (Add body rolls as you hop back for some extra styling)
7,8 Bump hips L, Bump hips R or hip roll counterclockwise from L to R (Hip roll on walls 3,6 & 10 when they say around and around like a lasso)

Restart here after 16 counts after putting weight on R on wall 8 Restart facing 9:00

Section 3: L chasse, R ¼ chasse, ½ shuffle back, ½ shuffle forward

1&2 Step L to L side, Step R next to L, Step L to L side
3&4 ¼ turn R stepping R to R side, Step L next to R, Step R to R side (3:00)
5&6 ¼ turn R stepping L to L side, step R next to L, ¼ turn Stepping back L (9:00)
7&8 ¼ turn R stepping R to R side, step L next to R, ¼ turn R stepping R forward (3:00)

Section 4: Lasso Full paddle around with hip rolls

1,2 ¼ turn R stepping L to L side and Rolling hips Clockwise, Recover on R (6:00)
3,4 ¼ turn R stepping L to L side and Rolling hips Clockwise, Recover on R (9:00)
5,6 ¼ turn R stepping L to L side and Rolling hips Clockwise, Recover on R (12:00)
7,8 ¼ turn R stepping L to L side and Rolling hips Clockwise, Recover on R (3:00)

Arms for section 4: Your R arm will go up in the air and rotate around counterclockwise every time you paddle your L foot like you are using a lasso. L arm can be anywhere such as on your hip, in front of you or out slightly to the L side

End of dance! Any questions email Michellelinedance@gmail.com

Last Update: 18 Jul 2023