

Do the Lasso

拍數: 32 牆數: 4 級數: High Beginner/Low Intermediate
編舞者: Lucy Cooper (UK) - August 2023
音樂: Do the Lasso - Justin Champagne



Intro: 16 counts

Side Rock, Recover, Behind Side Cross, Out, Out, Hips L R L

1 2 Rock R to R side (pushing into R hip), recover onto L

ARMS: Right arm 'lasso' motion when he sings 'Do the Lasso' on the chorus on side rock

3&4 Cross R behind, step L to L side, cross R over L

5 6 Step L out, Step R out

STYLING: Accentuate leg lifts before 'out outs', almost like a flick (flick out flick out &5&6)

7&8 Bump hips L, R, L

Cross Side Rock, Cross, ½ L, Diag L Side Touch, Diag R Side Touch, Diag Side Together Side

1&2 Cross R over L, rock L to L side, recover onto R

3 4 Cross L over R, step R back turning ½ L (keeping L slightly lifted like a spiral turn)(6.00)

5& Step L to L diagonal, touch R beside L

6& Step R to R diagonal, touch L beside R

7&8 Step L to L diagonal, step R in place, step L to L diagonal

Forward Rock, Ball Heel, Ball Step, ½ Pivot L, ¼ L w.Sweep, Behind Side Cross

1 2& Rock R forward (squaring up to 6.00), recover onto L, ball step R in place

3&4 Touch L heel forward, ball step L beside R, step R forward

5 6 Pivot ½ L (weight ending on L), Step R to R side turning ¼ L and sweeping L back (9.00)

7&8 Cross L behind, R to side, cross L in front

Side, Lock Behind, Chasse ¼ R, Forward Rock, Recover, ½ L, ¼ L Side, Cross

1 2 Step R to R side, lock L behind R (slightly facing R diagonal and popping R knee)

3&4 Step R forward turning ¼ R, step L together, step R forward (12.00)

5 6 Rock L forward, recover onto R

7 8& Step L forward turning ½ L, step R to side turning ¼ L, cross L over R (3.00)