

# Laid Back And Lazy

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Lesley Johnston (AUS)  
音樂: Lazy Bones - Beccy Cole



## POINT TOGETHER, POINT ¼ TURN LEFT, POINT TOGETHER, POINT ¼ TURN LEFT

1-3      Point right toe to side, bring right to meet left, point left to side  
4      Bring left back to meet right as you ¼ turn to left  
5-7      Point right toe to side, bring right to meet left, point left to side  
8      Bring left back to meet right as you ¼ turn to left

## STEP BEND ROLL HIPS TOGETHER, STEP BEND ROLL HIPS TOGETHER

9      Step right to side while you slightly bend knees & roll hips  
10-12      Continue to roll hips for counts 10-11 then touch left beside right  
13      Step left to side while you slightly bend knees & roll hips  
14-16      Continue to roll hips for counts 14-15 then touch right beside left

## HEEL HOLD, TOE HOLD, POINT TOGETHER, ¼ TURN LEFT TOGETHER, POINT TOGETHER, POINT

17-20      Right heel forward, hold, right toe back, hold  
21&22      Point right toe to side, bring right to meet left, ¼ turn left & left heel forward  
&23&24      Bring left together, point right to side, bring right to meet left, point left to left side

## ACROSS & POINT (VOLTA), ACROSS & POINT, ACROSS & POINT, ACROSS ½ TURN RIGHT

25&26      Moving forward-cross left over right, point right to side, step left in place  
27&28      Moving forward-cross right over left, point left to side, step right in place  
29&30      Moving forward-cross left over right, point right to side, step left in place  
31&32      Crossing right over left as you ½ turn right, step down on left then right

## ACROSS & POINT (VOLTA), ACROSS & POINT, ACROSS & POINT, ACROSS ¾ TURN RIGHT

33&34      Moving forward-cross left over right, point right to side, step left in place  
35&36      Moving forward-cross right over left, point left to side, step right in place  
37&38      Moving forward-cross left over right, point right to side, step left in place  
39&40      Crossing right over left as you ¾ turn right, step down on left then right

## SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, CROSS & CROSS

41-43      Step/rock left to side, step/rock right to side, step left behind right  
&44&      Step right to side, step left across right  
45-47      Step right to side, step/rock onto left, cross right over left  
&48&      Step left to side, cross right over left

## FULL TURN, SIDE ROCK CROSS, SIDE ROCK CROSS, HIPS RIGHT-LEFT

49&50      Commencing a full turn to right, step back on left, continue turn stepping right then left  
(weight now on left)  
51&52      Step/rock to right side, step/rock to left side, cross right over left  
53&54      Step/rock left to side, step/rock to right side, cross left over right  
55&56      Step right to right & push hips to right, then push hips to left

## ROLLING VINE & CLAP, ROLLING VINE & CLAP

57-60      Rolling vine to right-stepping right-left-right bring left together lean & clap  
61-64      Rolling vine to left-stepping left-right-left bring right together lean & clap

## REPEAT

