

# Laid Back And Lazy

**COPPER** KNOB  
STEPSHEETS

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

