

Lazy Day

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jean Garrett (IRE) - April 2011
音樂: The Lazy Song - Bruno Mars



Start on the lyrics (Today I don't not feel like doing anything,.....)

Right, Side together side touch, left, side together side touch.

- 1-4 Stepping Right side with the right foot and step left foot beside the right foot, Step Right side with the right foot and touch left foot to instep of the right foot.
5-8 stepping left side with the left foot and step right foot beside the left foot, Step left with left foot and touch right foot beside the left foot.

Right toe strut back, left toe strut back, Right toe strut back, left toe strut back

- 1,2 touch right toe back and step weight on the heel of the right foot
3,4 Touch left toe back and step weight on the heel of the Left foot
5,6 touch right toe back and step weight on the heel of the right foot
7,8 Touch left toe back and step weight on the heel of the Left foot

Right lock right step scuff, left lock left step scuff

- 1-4 Step the right foot forward step left behind right foot step right foot forward, scuff left foot forward
5-8 Step the left foot forward step right behind left foot step left foot forward, scuff right foot forward

Right Quarter turn Jazz Box with holds

- 1-8 cross right foot over left foot hold, step back on the left foot hold, quarter turn right stepping right foot forward step hold, left next to right foot hold.

End of dance enjoy
