

# Bone Idle

拍數: 32      牆數: 2      級數: Improver  
編舞者: Maureen Jones (UK) & Michelle Jones (UK) - August 2011  
音樂: The Lazy Song - Bruno Mars : (CD: Doo-wops & Hooligans)



Intro: 32 counts

## TOUCH, HEEL TWISTS, HITCH, BACK, HEEL TWISTS, HITCH, COASTER, WALKS

1&2&      Touch right forward, twist heels right, twist heels to centre, hitch right  
3&4&      Step right back, twist heels left, twist heels to centre, hitch left  
5&6      Step left back, step right beside left, step left forward  
7-8      Walk forward stepping right, left

(Restart dance after count 8 during wall 2 – facing back wall)

## STEP, ½ PIVOT, STEP, STEP, ½ PIVOT, STEP, JAZZ BOX, STEP

9&10      Step right forward, pivot ½ turn left, step right forward  
11&12      Step left forward, pivot ½ turn right, step left forward  
13-14      Step right across left, step left back  
15-16      Step right to right, step left forward

## HIP BUMPS, FORWARD MAMBO, LARGE STEP BACK, DRAG

17&18      Touch right forward and bump hips right, left, right  
19&20      Touch left forward and bump hips left, right, left  
21&22      Rock right forward, recover onto left, step right beside left  
23-24      Step left large step back, drag right to touch beside left

(Restart dance after count 24 during wall 5 – facing back wall)

## SIDE ROCK-CROSS, EXTENDED VINE, SIDE ROCK-CROSS, ¼ TURN-BACK, ¼ TURN-SIDE

25&26      Rock right to right, recover onto left, step right across left  
27&28&      Step left to left, step right behind left, step left to left, step right across left  
29&30      Rock left to left, recover onto right, step left across right  
31-32      Make ¼ turn left and step right back, make ¼ turn left and step left to left.