

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.