

Lasso (Nashville Original)

COPPER KNOB
STEPPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Alana Andrews (USA) - May 2025

Music: Lasso - Jake Banfield



Intro: 16 counts. (0:10) Start on word "Horse" - CC

Heel Tap R, ball change, Heel tap L, ball change, R toe tap, R hip bump, step fwd R leg hitch x2

1&2& Tap R heel out front, Ball change, Tap L heel out front, Ball change

3&4 Tap R toe out front, R hip bump

5-8 Step fwd R, shift weight to L with R leg hitch, step fwd R, shift weight to L with R leg hitch

Pivot ½ turn x2, stomp R, stomp L, hip roll CW x2

1-2 Step R foot fwd, Turn both feet ½ turn facing back

3-4 Step R foot fwd, Turn both feet ½ turn facing fwd

5-6 Stomp R foot out R, Stomp L foot out L

7-8 Roll hips in a circle CW 2x

Sailor step L side, sailor step R side, R fwd diagonal step, L fwd diagonal step

1&2 Cross R behind L, rock back on R foot, recover fwd on L foot, Step R foot R

3&4 Cross L behind R, rock back on L foot, recover fwd on R foot, Step L foot L

5-6 Step R fwd diagonal R, Touch L toe to R

7-8 Step L fwd diagonal L, Touch R toe to L

**Step back R, slide L bkwr, step back L, slide R bkwr, rock back R, recover fwd L,
R scuff hitch ¼ turn CC**

1-2 Step R back and slide L foot on floor back towards R

3-4 Step L back and slide R foot on floor back towards L

5-6 Rock back on R, recover fwd on L

7-8 R foot scuff floor, hitch R leg with ¼ turn CC facing new wall

****END OF DANCE – REPEAT ALL 4 WALLS CC****

Styling: Lasso your right arm always on the words "Like a lasso".

Optional- Body roll with step hitch.

Contact: Alana Andrews. Instagram & TikTok: @The_nashville.dancerxo

Last Update: 16 May 2025