

Lasso

Count: 32

Wall: 0

Level: Improver

Choreographer: Nina Bommarito (USA) & Alyssa Bommarito (USA) - June 2025

Music: Lasso - Jake Banfield



No Tags and No Restarts

Section 1: Heel switches, R Hook, R Ball Step L, ¼ turn L, Behind side cross

- 1&2&3&4 R Heel, L Heel, R Heel, R Hook over L, R Heel
&5 Step Back on ball of R, Step L forward
6, 7&8 ¼ turn L stepping R out to R (facing 9 o'clock), Step L behind R, Step R to R side, Step L across R

Section 2: Rock R to R side, Recover weight to L,

- 1-2 Rock R to R side, Recover L
3&4 Step R behind L, Step L to L side, Step R across L
&5 Step L, Tap R Heel out R
&6 Step R in, Step L across R
&7 Step R out, Tap L Heel out L
&8 Step L in, Step R across L

Section 3: ¼ turn L, ½ turn L ½ turn L shuffle

- 1-2 Step L turning ¼ L (facing 6 o'clock), Step R back as you turn ½ L (facing 12 o'clock)
3&4 Shuffle L, R,L as you Turn ½ L (facing 6 o'clock)
5-6 Rock R forward, Recover weight L
7&8 Step back R, Bring L to R, Step forward R

Section 4: Half pivot x2, Stomp L-R, Lasso Hips x2

- 1-4 Step L pivot turn ½ R stepping R, Step L pivot turn ½ R stepping R
5-6 Stomp L, Stomp R
7-8 Lasso Hips around counterclockwise twice with Lasso hand motion
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