

L.A.L. (Like a Lasso)

Count: 32

Wall: 4

Level:

Choreographer: Sami Mabee (USA) - July 2025

Music: Lasso - Jake Banfield



Intro: 32 count starts with lyrics

Section 1: [1-8] R forward hip bumps x4, L forward hip bumps x4

- 1, 2 Step R forward, Bump hip forward (1); Bump hip back (&); Bump hip forward (2); Bump hip back (&)
- 3, 4 Bump hip forward (3); Bump hip back (&); bump hip forward (4);
- 5, 6 Step L forward, Bump hip forward (5); Bump hip back (&); Bump hip forward (6); Bump hip back (&)
- 7, 8 Bump hip forward (7); Bump hip back (&); Bump hip forward (8);

Section 2: [9-16] Forward rocking chair, Forward rock, Hitch, L weave, Hip sway x2

- 1, 2 Rock R forward (1); Recover on L (&); Rock R back (2); Recover on L (&)
- 3, 4 Rock R forward (3); Recovering on L, Hitch R knee up (4);
- 5, 6 Cross R behind L (5); Step L to Left (&); Cross R in front of L (6);
- 7, 8 Step L to Left, swaying hips left (7); Shifting weight onto R, sway hips right (8);

Section 3: [17-24] R weave, R Hip bumps x2, L 1/2 pivot turn, L hip bumps x2, Gallop step

- 1, 2 Cross L behind R (1); Step R to Right (&); Cross L in front of R (2);
- 3, 4 Step R to Right, Bump hip to the right (3); Bump hips left (&); Bump hip to the right (4);
- 5, 6 1/2 pivot turn over Left, Stepping L to Left, Bump hip to the Left (5); Bump hips right (&); Bump hips left (6); popping up on your feet, step R in place (&)
- 7, 8 Step L in place (7); Step R in place(&); Step L (8);

Section 4: [25-32] R side rock, L side rock, 3/4 backwards paddle

- 1, 2 Rock R to right (1); Recover on L (&); Cross R behind L (2);
- 3, 4 Rock L to left (3); Recover on R (&); Cross L behind R (4);
- 5, 6 Making a 1/4 turn right, touch R out to Right (5); Making a 1/4 turn right, touch R out to Right (6);
- 7, 8 Making a 1/4 turn right, touch R out to Right (7); Touch R out to Right (8);

Last Update - 3 June 2025 - R1