

Laid Back And Lazy

COPPER KNOB
STEPSHEETS

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Lesley Johnston (AUS)

Music: Lazy Bones - Beccy Cole



POINT TOGETHER, POINT ¼ TURN LEFT, POINT TOGETHER, POINT ¼ TURN LEFT

- 1-3 Point right toe to side, bring right to meet left, point left to side
- 4 Bring left back to meet right as you ¼ turn to left
- 5-7 Point right toe to side, bring right to meet left, point left to side
- 8 Bring left back to meet right as you ¼ turn to left

STEP BEND ROLL HIPS TOGETHER, STEP BEND ROLL HIPS TOGETHER

- 9 Step right to side while you slightly bend knees & roll hips
- 10-12 Continue to roll hips for counts 10-11 then touch left beside right
- 13 Step left to side while you slightly bend knees & roll hips
- 14-16 Continue to roll hips for counts 14-15 then touch right beside left

HEEL HOLD, TOE HOLD, POINT TOGETHER, ¼ TURN LEFT TOGETHER, POINT TOGETHER, POINT

- 17-20 Right heel forward, hold, right toe back, hold
- 21&22 Point right toe to side, bring right to meet left, ¼ turn left & left heel forward
- &23&24 Bring left together, point right to side, bring right to meet left, point left to left side

ACROSS & POINT (VOLTA), ACROSS & POINT, ACROSS & POINT, ACROSS ½ TURN RIGHT

- 25&26 Moving forward-cross left over right, point right to side, step left in place
- 27&28 Moving forward-cross right over left, point left to side, step right in place
- 29&30 Moving forward-cross left over right, point right to side, step left in place
- 31&32 Crossing right over left as you ½ turn right, step down on left then right

ACROSS & POINT (VOLTA), ACROSS & POINT, ACROSS & POINT, ACROSS ¾ TURN RIGHT

- 33&34 Moving forward-cross left over right, point right to side, step left in place
- 35&36 Moving forward-cross right over left, point left to side, step right in place
- 37&38 Moving forward-cross left over right, point right to side, step left in place
- 39&40 Crossing right over left as you ¾ turn right, step down on left then right

SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, CROSS & CROSS

- 41-43 Step/rock left to side, step/rock right to side, step left behind right
- &44& Step right to side, step left across right
- 45-47 Step right to side, step/rock onto left, cross right over left
- &48& Step left to side, cross right over left

FULL TURN, SIDE ROCK CROSS, SIDE ROCK CROSS, HIPS RIGHT-LEFT

- 49&50 Commencing a full turn to right, step back on left, continue turn stepping right then left (weight now on left)
- 51&52 Step/rock to right side, step/rock to left side, cross right over left
- 53&54 Step/rock left to side, step/rock to right side, cross left over right
- 55&56 Step right to right & push hips to right, then push hips to left

ROLLING VINE & CLAP, ROLLING VINE & CLAP

- 57-60 Rolling vine to right-stepping right-left-right bring left together lean & clap
- 61-64 Rolling vine to left-stepping left-right-left bring right together lean & clap

REPEAT

