

Lasso

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lisa Wetzler (USA) - 29 August 2022
音乐: Lasso (feat. Durwood Black) - Moonshine Bandits



#32 count intro. Begins approximately at 0:13 sec into the track. Start with weight on Left foot.

(1-8) STOMP RIGHT FOOT TO RIGHT SIDE, LEFT SAILOR STEP, RIGH HEEL DIG WITH ¼ TURN RIGHT (now 3:00), RIGHT COASTER STEP.

- 1,2 Stomp right foot to right side, hold for count 2.
- 3&4 Left sailor step (rock left foot behind right, step right foot out to right side, step left out to left side)
- 5,6 R heel digs into floor, ¼ turn clockwise on right heel to face 3:00 while stepping back on left.
- 7&8 R coaster step (right steps straight back, left steps together with right, right steps forward)

(9-16) FORWARD ROCKSTEP LEFT RECOVER RIGHT, BACK ROCKSTEP LEFT RECOVER RIGHT, LEFT FOOT SWING FRONT TO BACK LANDING WITH LEFT FOOT BACK AND WEIGHTED, LEFT HIP SIT, RIGHT HIP BUMPS UP, LEFT HIP SIT

- 1,2 left foot steps forward weighted, recover back on right foot
- 3,4 left foot steps back weighted, recover weight forward on right foot
- 5,6 swing left foot forward, up, then land with left step back. (feet now staggered with right foot forward, left foot back)
- 7,&8 sit into left hip (weight on left foot), bump right hip up, sit back again into left hip while bringing right hip back down.

(17-24): SLIDE FORWARD WITH RIGHT FOOT AT RIGHT DIAGONAL (2:00), STEP TOGETHER LEFT. KNEES POP IN AND OUT WHILE RIGHT ARM MAKES LASSO ABOVE HEAD. SLIDE BACKWARDS WITH LEFT FOOT AT LEFT DIAGONAL (8:00). KNEES POP IN AND OUT WHILE LEFT ARM MAKES LASSO ABOVE HEAD.

- 1,2 slide right foot forward at right diagonal, left foot steps together to right foot.
- 3&4 while staying on balls of feet, knees pop in and out. Right arm circles around head twice like a lasso.
- 5,6 slide left foot backwards at left diagonal, right foot steps together to left foot.
- 7&8 stay on balls of feet, knees pop in and out. Left arm circles around head twice like a lasso.

(25-32) RIGHT FOOT STEPS BACK AT RIGHT DIAGONAL, STEP TOGETHER LEFT. LEFT FOOT STEPS BACK LEFT DIAGONAL, STEP TOGETHER RIGHT. RIGHT FOOT ROCK STEP TO RIGHT SIDE, RECOVER LEFT (WEIGHT NOW ON LEFT), CROSS RIGHT FOOT OVER LEFT. FULL TURN TO UNWIND (3:00 TO 3:00) COUNTER-CLOCKWISE.

- 1,2 step backwards with right foot at a diagonal (4:00), step left foot together to right.
- 3,4 step backwards with left foot at a diagonal (8:00), step right foot together to left.
- 5&6 rock right foot to right side, recover weight on left foot, cross right foot over left
- 7,8 full turn counterclockwise to unwind legs (3:00-3:00)