

Lasso (Nashville Original)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Alana Andrews (USA) - May 2025
音乐: 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

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