

# Lasso

拍数: 32      墙数: 0      级数: Improver  
编舞者: Nina Bommarito (USA) & Alyssa Bommarito (USA) - June 2025  
音乐: 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