LAZY!!! (aka The SNUGGIE Dance)

拍数: 32   **墙数:** 4   **级数:** High Beginner

编舞者: Guyton Mundy (USA) - May 2011

音乐: The Lazy Song - Bruno Mars

[1-8] bounce X 4, cross back side X 2

1-2	with feet together, slightly bend knees and bounce on the diagonal to the right twice
3-4	with feet together, slightly bend knees and bounce on the diagonal to the left twice
5&6	Cross right over left, step back on left, step right to right side
7&8	cross left over right, step back on right, step left to left side

[9-16] walk, walk, shuffle, rock, recover, shuffle back

1-2	walk forward on right, walk forward on left
3&4	shuffle forward right, left, right
5-6	rock forward on left, recover on right
7&8	shuffle back left, right, left

[17-24] 1/2 turn, 1/2 turn, 1/4 turn triple to the side, out out, triple to the side

1-2	make a 1/2 turn over right shoulder stepping forward on right, make a 1/2 turn over right shoulder stepping back on left.
3&4	make a 1/4 turn to the right as you step right to right side, together with left, right to right side
5-6	step out to left on left, step out to right on right
7&8	step left to left side, step together with right, step left to left side

[25-32] CCW walk around

1-8	walk around in a CCW circle for counts 8, starting on right foot, , ending where you started this 8 counts

Restarts:

1 - On the 2nd wall you will do the first 8 counts of the dance once and then restart the dance.

2 - On the 3rd wall of the dance you will do the first 8 counts of the dance twice then restart the dance.
This means you will do the first 8 counts a total of 3 times on this wall.

3 - On the 4th wall of the dance you will do the first 8 counts of the dance once and then restart the dance

Ending: On the 7th wall of the dance just do the 1st 8 counts of the dance twice.