Lazy

拍数: 64   墙数: 4   级数: Beginner

编舞者: Yonne Emalda - August 2011

音乐: The Lazy Song - Bruno Mars

Intro: Start on the lyrics

Lock Step Forward, Brush, Lock Step Forward, Brush
1-4   Step R foot forward, lock L foot behind R foot, step R foot forward, (travelling to R diagonal) brush L foot to L diagonal
5-8   Step L foot forward, lock R foot behind L foot, step L foot forward, (travelling to L diagonal) brush R foot to R diagonal

Forward Mambo, Hitch, Coaster Step
1-4   Rock R foot forward, recover weight on L foot, step R foot in place, hitch L foot up
5-8   Step L foot back, step R foot beside L foot, step L foot forward, hold ***

Pivot ½ Turn, Forward, Hold, Full Turn, Hold
1-4   Step R foot forward, turn ½ L, step R foot forward, hold
5-8   Turn ½ R stepping L foot back, turn another ½ R stepping R foot forward, step L foot forward, hold

Jazz Box With Toe Struts
1-4   Point R toes to R side, drop R heel in place, cross point L toes over R foot, drop L heel and cross L foot over R foot
5-8   Point R toes back, drop R heel in place, point L toes to L side, drop L heel in place ***

Long Weave, Cross Point
1-4   Cross R foot behind L foot, step L foot to L side, cross R foot over l foot, step L foot to L side
5-8   Cross R foot behind L foot, step L foot to L side, cross R foot over l foot, point L toes to L side

Crossing Shuffle, Side Rock, Recover, ¼ Turn
1-4   Cross L foot over R foot, step R foot to R side, cross L foot over R foot, hold
5-8   Rock R foot to R side, recover weight on L foot and turn ¼ L, step R foot forward, hold

Rumba Box
1-4   Step L foot to L side, step R foot beside L foot, step L foot forward, hold
5-8   Step R foot to R side, step L foot beside R foot, step R foot back, hold

Back Lock Step, Hold, Scuff Hitch Touch, Hold
1-4   Step L foot back, lock R foot over L foot, step L foot back, hold
5-8   Scuff R foot forward, hitch R foot up, touch R toes beside L foot, hold

Restarts:-
*** On wall 3 and wall 7, dance up to 16 counts and start again.
*** On wall 5, dance up to 32 counts and start again.