

# Lasso

拍數: 32      牆數: 4      級數: Improver  
編舞者: Michelle Wright (USA) - July 2023  
音樂: Lasso - LANCO



Dance starts 48 count in on the lyrics "Tonight I'm a cowboy"  
1 restart on wall 8 after 16 counts

## Section 1: L double kick, R double kick L&R heel switches, L Heel w/ double clap

1&2      Kick L forward with a flexed heel, kick L forward with a flexed heel, Step L next to R  
3&4      Kick R forward with a flexed heel, Kick R forward with a flexed heel, Step R next to L  
5&6&      Tap L heel forward, Step L next to R, Tap R heel forward, Step R next to L  
7&8      Tap L heel forward, clap hands twice

(Styling: Make the steps look hoppy so your heels are in the air and don't make contact with the ground and your kicks come from a bent knee)

## Section 2: Forward Rock, Recover, Hop back and out LR x2, Hips bumps or hip Roll

1,2      Rock forward on L, Recover on R  
&3&4      Hop back out L, Out R, Hold or clap  
&5&6      Hop back out L, Out R, Hold or clap ( Add body rolls as you hop back for some extra styling )  
7,8      Bump hips L, Bump hips R or hip roll counterclockwise from L to R (Hip roll on walls 3,6 & 10 when they say around and around like a lasso)

Restart here after 16 counts after putting weight on R on wall 8 Restart facing 9:00

## Section 3: L chasse, R ¼ chasse, ½ shuffle back, ½ shuffle forward

1&2      Step L to L side, Step R next to L, Step L to L side  
3&4      ¼ turn R stepping R to R side, Step L next to R, Step R to R side (3:00)  
5&6      ¼ turn R stepping L to L side, step R next to L, ¼ turn Stepping back L (9:00)  
7&8      ¼ turn R stepping R to R side, step L next to R, ¼ turn R stepping R forward (3:00)

## Section 4: Lasso Full paddle around with hip rolls

1,2      ¼ turn R stepping L to L side and Rolling hips Clockwise, Recover on R (6:00)  
3,4      ¼ turn R stepping L to L side and Rolling hips Clockwise, Recover on R (9:00)  
5,6      ¼ turn R stepping L to L side and Rolling hips Clockwise, Recover on R (12:00)  
7,8      ¼ turn R stepping L to L side and Rolling hips Clockwise, Recover on R (3:00)

Arms for section 4: Your R arm will go up in the air and rotate around counterclockwise every time you paddle your L foot like you are using a lasso. L arm can be anywhere such as on your hip, in front of you or out slightly to the L side

End of dance! Any questions email [Michellelinedance@gmail.com](mailto:Michellelinedance@gmail.com)

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