

Like a Lasso

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Chelsea Butler (USA) - April 2025
音樂: Lasso - Jake Banfield



No tags, no restarts

#16 count intro; Start on lyrics

[1-8] R SIDE ROCK CROSS, L SIDE ROCK CROSS, WALK X 2, FIRE HYDRANT TURN

- 1&2 Rock R to right side (1), recover weight on L (&), cross R over left (2)
- 3&4 Rock L to left side (3), recover weight on R (&), cross L over right (4)
- 5-6 Step forward on R (5), step forward on L (6)
- 7-8 Hitch the R knee turning a quarter turn to the left (7) and keep R knee hitched turning another quarter turn to the left (8) for a full ½ turn

[9-16] WALK X 2, STEP, HITCH, SWAY X 3, ¼ TURN KICK

- 1-2 Step forward on R (1), step forward on L (2)
- 3-4 Step R to right (3), Hitch L knee across right leg (4)
- 5-6 Step L down to left side swaying hips to the left (5), sway hips to the right like a figure 8 transferring weight to the right foot (6)
- 7-8 Sway hips back to left side transferring weight to the left (7), turning 1/4 to your right kick right foot out facing 9:00 wall (8)

[17-24] PONY STEP BACK, COASTER STEP, KICK BALL STEP X 2

- 1&2 Step right back hitching left knee (1), step left beside right (&), step right back hitching left knee (2)
- 3&4 Step L back (3), Step R next to left foot (&), Step L forward (3)
- 5&6 Kick R foot forward (5), Step down on R foot (&), Step forward on L (6)
- 7&8 Kick R foot forward (7), Step down on R foot (&), Step forward on L (8)

[25-32] STEP, PIVOT HALF TURN FLICK, TRIPLE FORWARD, STEP X 2, HIP ROLL AND LASSO

- 1-2 Step R foot forward to start ½ pivot turn (1), turn full body to face 3:00 flicking left foot up as you turn (2)
- 3&4 Step forward on the L foot (3), Step the R foot next to the left (&), Step forward on L foot (4)
- 5-6 Step R foot down slightly forward (5), Step L foot down next to right (6)
- 7-8 Roll your hips in half circle motion counterclockwise as you slowly swing your arm around like a lasso

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