

Laid Back

Count: 32

Wall: 4

Level: Beginner

Choreographer: Peter O'Shea (AUS) - January 2024

Music: Laid Back 'n Low Key (Cay) - Alan Jackson



Start: On the word "Low"

ROCKING CHAIR HOLD, BACK ROCKING CHAIR HOLD

1-2 step/rock R forward, recover to L
3-4 step R back, hold
5-6 step/rock L back, recover to R
7-8 step L forward, hold

SIDE ROCK CROSS HOLD TWICE

9-10 step/rock R to side, recover to L
11-12 cross R over L, hold
13-14 step/rock L to side, recover to R
15-16 cross L over R, hold

STEP TO SIDE TOUCH HEEL ACROSS TWICE, VINE RIGHT TOUCH

17-18 step R to side, touch L heel across R
19-20 step L to side, touch R heel across L
21-22 step R to side, step L behind R
23-24 step R to side, touch L together

STEP TOE STEP HEEL, VINE ¼ SCUFF

25-26 step L forward, touch R toe behind L
27-28 step R in place, touch L heel forward
29-30 step L to side, step R behind L
31-32 turning ¼ left step L forward, scuff R forward together

REPEAT
