

# Laid Back

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Peter O'Shea (AUS) - January 2024

**Musique:** 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**

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