

# Laid Back

COPPER KNOB  
BY STEPHEN HETS

拍数: 64      墙数: 2      级数: Easy Intermediate  
编舞者: Ron Tate (UK) - October 2015  
音乐: Lay Back In the Arms of Someone - Smokie : (CD: Greatest Hits - iTunes & Amazon)



Count In: Start Just Before Vocals Kick In (Approx 16 Seconds)

Tags/Restarts: None

## S1: Side Rocks, Behind, Side, Cross Shuffle, Side Rocks □□□□

1 - 2      Side Rock (R), Side Rock (L)  
3 - 4      Cross (R) Behind (L), Step (L) To Side  
5 & 6      Cross (R) Over (R), Step (L) To Side, Cross (R) Over (L)  
7 - 8      Side Rock (L), Side Rock (R)

## S2: Behind, Side, Cross Shuffle, Side Rocks, Sailor Turn

1 - 2      Cross (L) Behind (R), Step (R) To Side  
3 & 4      Cross (L) Over (R), Step (R) To Side, Cross (L) Over (R)  
5 - 6      Side Rock (R), Side Rock (L)  
7 & 8      Cross (R) Behind (L) Making ¼ Turn (R), Step (L) To Side, Step (R) In Place (3 O'clock)

## S3: Rocking Chair, Step, Lock, Shuffle

1 - 4      Rock Forward (L), Rock Back (R), Rock Back (L), Rock Forward (R)  
5 - 6      Step Forward (L), Lock Step (R) Behind (L)  
7 & 8      Step Forward (L), Step (R) Next To (L), Step Forward (L)

## S4: Rock Steps, 2x Shuffle Turns, Rock Steps

1 - 2      Rock Forward (R), Rock Back (L)  
3 & 4      Shuffle ½ Turn (R) Stepping (R L R) □ 9 O'clock  
5 & 6      Shuffle ½ Turn (R) Stepping (L R L) □ 3 O'clock  
7 - 8      Rock Back (R), Rock Forward (L)

## S5: Rocking Chair, ½ Turn, ¼ Turn, Cross Shuffle

1 - 4      Rock Forward (R), Rock Back (L), Rock Back (R), Rock Forward (L)  
5      Make ½ Turn (L) Stepping Back (R) 9 O'clock  
6      On Ball Of (R) Make A ¼ Turn (L) Stepping (L) To Side □ □ 6 O'clock  
7 & 8      Cross (R) Over (L), Step (L) To Side, Cross (R) Over (L)

## S6: Side Rocks, Behind, Side, Cross, Side Steps, Chasse Turn

1 - 2      Side Rock (L), Side Rock (R)  
3 & 4      Cross (L) Behind (R), Step (R) To Side, Cross (L) Over (R)  
5 - 6      Step (R) To Side, Step (L) Next To (R)  
7 & 8      Step (R) To Side, Step (L) Next To (R), Step (R) To Side Making ¼ Turn (R) 9 O'clock

## S7: Rock Steps, Coaster, Rock Steps, Shuffle Turn

1 - 2      Rock Forward (L), Rock Back (R)  
3 & 4      Step Back (L), Step (R) Next To (L), Step Forward (L)  
5 - 6      Rock Forward (R), Rock Back (L)  
7 & 8      Shuffle ½ Turn (R) Stepping (R L R) □ 3 O'clock

## S8: Full Turn (Or) 2x Walks Forward, Shuffle, Jazz Box With Turn

1      Make ½ Turn (R) Stepping Back (L) 9 O'clock  
2      On Ball Of (L) Make ½ Turn (R) Stepping Forward (R) 3 O'clock  
(1-2) Nb. □ Easier Option: □ Walk Forward (L), Walk Forward (R)

- 3 & 4 Step Forward (L), Step (R) Next To (L), Step Forward (L)  
5 - 6 Cross (R) Over (L), Step Back (L)  
7 - 8 Make  $\frac{1}{4}$  Turn (R) Stepping (R) To Side, Cross (L) Over (R)  $\square$  6 O'clock

**Repeat Steps**

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