

# Laid Back

拍数: 32      墙数: 4      级数: Improver  
编舞者: Helen O'Neill (IRE)  
音乐: Lay Back In the Arms of Someone - Smokie



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|-------|---|
| 1-2   | Tap right toe to front & back (while tapping toe to back look over right shoulder)                                      |
| 3&4   | Shuffle forward right, left right   |
| 5-6   | Tap left toe to front & back (while tapping toe to back look over left shoulder)  |
| 7&8   | Shuffle forward left, right left  |
| 9-10  | Step forward on right foot, pivot ½ turn over left shoulder   |
| 11&12 | Shuffle forward right, left right   |
| 13-14 | Step forward on left foot, pivot ½ turn over right shoulder   |
| 15&16 | Shuffle forward left, right left  |
| 17-18 | Rock out to right side, recover weight on left  |
| 19&20 | Step right across left, step left to side, cross step right over left   |
| 21-22 | Rock out to left side, recover weight on right  |
| 23&24 | Step left behind right, step right to side, cross left over right while doing a ¼ turn over right shoulder on last step |
| 25-26 | Step right to right side, step left behind right  |
| 27&28 | Side close side to right  |
| 29-30 | Cross rock left over right, recover weight on right foot  |
| 31&32 | Side close side to left   |

**REPEAT**

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