

# Laid Back

拍数: 64      墙数: 2      级数: Easy Intermediate  
编舞者: Robbie McGowan Hickie (UK) - February 2008  
音乐: Laid Back Stone Cold - Michelle Wright : (CD: Boot Scootin' Boogie - The Nashville Line Dancing Album)



Alt: "Senorita Mas Fina" by Kevin Fowler (142 bpm...32 Count intro) CD... "High On The Hog"

(32 Count intro)

**Chasse Left. Back Rock. Step. Pivot 1/2 Turn Left. Diagonal Step Forward. Stomp Up.**

1&2      Step Left to Left side. Close Right beside Left. Step Left to Left side.  
3 - 4      Rock back on Right. Rock forward on Left.  
5 - 6      Step forward on Right. Pivot 1/2 turn Left.  
7 - 8      Step Right Diagonally forward Right. Stomp up Left beside Right. (6 o'clock)

**Chasse Left. Back Rock. Step. Pivot 1/2 Turn Left. Diagonal Step Forward. Stomp Up.**

1&2      Step Left to Left side. Close Right beside Left. Step Left to Left side.  
3 - 4      Rock back on Right. Rock forward on Left.  
5 - 6      Step forward on Right. Pivot 1/2 turn Left.  
7 - 8      Step Right Diagonally forward Right. Stomp up Left beside Right. (12 o'clock)

**Side Step Left. Together. Left Toe Strut. Forward Rock. Touch Back. Reverse Pivot 1/4 Turn Right.**

1 - 2      Long step Left to Left side. Close Right beside Left.  
3 - 4      Touch Left toe forward. Drop Left heel to floor.  
5 - 6      Rock forward on Right. Rock back on Left.  
7 - 8      Touch Right toe back. Reverse pivot 1/4 turn Right. (Weight on Right) (3 o'clock)

**Cross Rock. Side Rock. Crossing Toe Strut. 2 x 1/4 Turns Left.**

1 - 2      Cross rock Left over Right. Rock back on Right.  
3 - 4      Rock Left out to Left side. Recover weight on Right.  
5 - 6      Cross step Left toe over Right. Drop Left heel to floor.  
7 - 8      Turn 1/4 turn Left stepping back on Right. Turn 1/4 turn Left stepping Left to Left side. (9 o'clock)

**Toe Points x3. Hold. & Cross. Hold. 2 x Heel Bounces with 1/2 Turn Right.**

1 - 2      Cross/Touch Right toe Diagonally forward Left. Touch Right toe out to Right side.  
3 - 4      Cross/Touch Right toe Diagonally forward Left. Hold.  
&5 - 6      Jump/Step ball of Right to Right side. Cross step Left over Right. Hold.  
7 - 8      Bounce both heels x 2 whilst making 1/2 turn Right. (Weight ends on Left) (3 o'clock)

**Back Rock. Right Shuffle Forward. Forward Rock. 2 x 1/2 Turns Left.**

1 - 2      Rock back on Right. Rock forward on Left.  
3&4      Right shuffle forward stepping Right. Left. Right.  
5 - 6      Rock forward on Left. Rock back on Right.  
7 - 8      Turn 1/2 turn Left stepping forward on Left. Turn 1/2 turn Left stepping back on Right.

**Back Rock. Step Forward. Scuff. Right Jazz Box 1/4 Turn Right. Scuff.**

1 - 2      Rock back on Left. Rock forward on Right.  
3 - 4      Step forward on Left. Scuff Right forward.  
5 - 6      Cross step Right over Left. Step back on Left.  
7 - 8      Turn 1/4 turn Right stepping forward on Right. Scuff Left slightly forward. (Facing 6 o'clock)

**Diagonal Steps Forward x2. Step Back. Hold and Clap. Out-Out. Hold and Clap. Elvis Knees.**

- 1 – 2 Step Left Diagonally forward Left. Step Right Diagonally forward Right. (Feet Shoulder Width Apart)
- 3 – 4 Step Left back into centre. Hold and Clap.
- &5 Jump Right Diagonally back and to Right side. Jump Left Diagonally back and to Left side.
- 6 Hold and Clap. (Feet Shoulder Width Apart) (Weight on Left)
- 7 – 8 Pop Right knee in across Left. Pop Left knee in across Right. (Weight on Right) (Facing 6 o'clock)

**Start Again**

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