

Laid Back

拍数: 32 墙数: 4 级数: Easy Intermediate
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音乐: Laid Back 'n Low Key (Cay) - Alan Jackson



(16 count intro) - start 1 count before the words. (144 bpm)

Vine Right Touch, Step Kick Across, Step Touch

1,2,3,4 Step R to right, Step L behind R, Step R to right, Touch L beside R
5,6,7,8 Step L to left, Kick R across L, Step R to right, Touch L beside R

Vine Left Scuff Fwd, Rock Return, Coaster Step

9,10,11,12 Step L to left, Step R behind L, Step L to left, Scuff R towards left corner
13,14 Rock/step fwd on R, Rock back on L
15&16 Step back on R, Step L beside R, Step fwd on R

Rock Return, 1/2 Shuffle, Step Scuff/Clap, Step Scuff/Clap

17,18 Rock/step fwd on L, Rock back on R
19&20 Making 1/2 left shuffle towards left corner stepping L,R,L (back wall)
21,22,23,24 Step fwd on R, Scuff L fwd and clap, Step fwd on L, Scuff R fwd and clap

Make 1/8 Rock Return, R Sailor Step, L Sailor Step, Rock Return

25,26 Making 1/8 turn left (3 o'clock) rock/step R to right side, Return wt sideways onto L
27&28 Step R behind L, Step L to left, Step R to right (sailor)
29&30 Step L behind R, Step R to right, Step L to left (sailor)
31,32 Rock/step R behind L, Rock/return wt to L
