

# 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

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