

Laid Back

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Ron Tate (UK) - October 2015
音樂: 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) □ 6 O'clock

Repeat Steps
