

# Laid Back In Time (P)

COPPERKNOB  
STEPSHEETS

拍數: 56      牆數: 0      級數: Partner  
編舞者: Brian Banbury (UK)  
音樂: The Heart That You Own - Dwight Yoakam



**Position: Side by Side (Same Footwork)**

## LEFT VINE, SIDE ROCKS

1-4            Step left, right behind left, step left doing ½ turn left, right rock right  
5-8            Rock left, rock right, rock left, rock right

**Hands: release hands on vine: pick up man's left and lady's right on the rock counts**

## LEFT VINE, SIDE ROCKS

1-4            Step left, right behind left, step left doing ½ turn left, right rock right  
5-8            Rock left, rock right, rock left, rock right

**Hands: release hands on vine, resume side by side position**

## STEP, TOUCH, STEP, LOCK, STEP, TOE, HEEL, TOE

1-4            Left forward, touch right beside left, right forward diagonal right, left behind right, right forward diagonal right, touch left toe by right  
5-8            Touch left heel forward, touch left toe across front of right

## LEFT VINE, TOUCH, DIAGONAL LOCK, TOUCH

1-4            Step left, right behind left, step left, right touch beside left  
5-8            Right forward diagonal right, left behind right, right forward diagonal right, touch left beside right

## LEFT, RIGHT, LEFT, RIGHT SHUFFLES TRAVELING DOWN LOD

1&2-3&4        Left shuffle turning ¼ left (moving forward), right shuffle turn ¼ left (backwards down LOD)  
**Hands: release right hands on 1st & 2nd shuffle**  
5&6-7&8        Left shuffle turning ¼ left (facing outside LOD), right shuffle turn ¼ left (forward down LOD)  
**Rejoin hands on second 3rd shuffle (man behind lady)**

## ¼ TURN RIGHT HOLD, ROCK, HOLD, LEFT VINE, ¼ TURN LEFT

1-2            On ball of right pivot ¼ turn right, left step left (weight on left), hold  
3-4            Change weight to right, hold  
5-8            Step left, right behind left, left step left into ¼ turn left, brush right through

## LOCK STEP, TOUCH STEP TWICE

1-4            Right forward diagonal right, left behind right, right forward diagonal right, touch left beside right  
5-8            Left forward diagonal left, touch right beside left, right forward diagonal right, touch left beside right

**REPEAT**