

Laid Back

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Robbie McGowan Hickie (UK) - February 2008
音樂: 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
