



Laid Back 'n Low Key

Choreographed by Peter & Alison, TheDanceFactoryUK, Feb 08

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4 wall – 32 count improver/lower intermediate line dance

Music: Laid Back 'n Low Key – Alan Jackson from the CD Good Time (start 20 counts after the heavy beat kicks in when he sings the word 'LOW')

1-8 R side, L together, R back ball cross, L side, R together, L fwd shuffle

1-2 Step R side, step L together

3&4 Step R back, step L back, cross step R over L

5-6 Step L side, step R together

7&8 Step L forward, step R together, step L forward

9-16 R fwd rock & recover, ¼ right shuffle, weave R 4

1-2 Rock R forward, recover weight on L

3&4 Turning ¼ right step R side, step L together, step R side

5-8 Cross step L over R, step R side, cross L behind R, step R side

17-24 L cross rock & recover, ¼ L shuffle, R fwd, ½ L pivot turn, walk/skate/full turn R & L fwd

1-2 Cross rock L over R, recover weight on R

3&4 Step L to L side, step R together, turn ¼ L step L forward

5-6 Step R forward, pivot ½ left

7-8 Step R forward, step L forward (or skate forward R & L)

(Option: Full turn left on counts 23-24)

25-32 Rocking chair, ¼ R jazz box cross

1-4 Rock R forward, recover weight on L, rock R back, recover weight on L

5-8 Cross R over L, step L back, turning ¼ right step R side, cross step L over R

Big Ending: Rock R forward, recover weight on L

Turning ¼ right step R side, step L together, step R side

Step L forward – ta-da!