

# Laid Back

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**Count:** 32      **Wall:** 4      **Level:** Easy Intermediate

**Choreographer:** Jan Wyllie , Hervey Bay, Qld., Australia (March 08)

**Music:** Laid Back n Low Key by 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