

# Laid Back

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**Count:** 64

**Wall:** 2

**Level:** Easy Intermediate

**Choreographer:** Ron Tate - Oct. 2015

**Music:** Lay Back In The Arms Of Someone / Smokie. Cd: Greatest Hits (Also Available Via iTunes & Amazon) Bpm : 125

**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  $\frac{1}{4}$  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  $\frac{1}{2}$  Turn (R) Stepping (R L R) 9 O'clock
- 5 & 6 Shuffle  $\frac{1}{2}$  Turn (R) Stepping (L R L) 3 O'clock
- 7 - 8 Rock Back (R), Rock Forward (L)

**S5: Rocking Chair,  $\frac{1}{2}$  Turn,  $\frac{1}{4}$  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 ¼ Turn (R) Stepping (R) To Side, Cross (L) Over (R) 6 O'clock

### **Repeat Steps**