

SAND AND SEA

LINEDANCE.COM

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Terry Hogan (July 08)

Music: Laid Back 'n Low Key by Alan Jackson (CD: Good Time)

Side Left, Hold, Rock Behind Right, Replace Left, Side Right, Hold, Rock Behind Left, Replace Right

- 1-2 Long slide/step side left, hold allowing right foot to slide toward left
- 3-4 Cross-rock right behind left, recover onto left
- 5-6 Long slide/step side right, hold allowing left foot to slide toward right
- 7-8 Cross-rock left behind right, recover onto right

**Side Left, Diagonal Back Right, Cross Left, Side Right, Diagonal Back Left, Cross Right
Side Left $\frac{1}{4}$ Right, $\frac{1}{4}$ Right Forward Right**

- 1-3 Step side left, step backward on diagonal right, cross left over right
- 4-6 Step side right, step backward on diagonal left, cross right over left

Allow body to turn naturally toward diagonal on 'diagonal' steps 2,3 & 5,6

- 7 Step side left and make $\frac{1}{4}$ turn right - to face 3:00 wall
- 8 Make $\frac{1}{4}$ turn right and step forward right - facing back wall

**Forward Left, Hold, Rock Forward Right, Replace Left, Back Right, Hold, Rock Back Left
Replace Right**

- 1-4 Step forward left, hold, rock-step forward right, recover back onto left
- 5-8 Step back right, hold, rock-step back left, recover right forward

**Forward Left, $\frac{1}{4}$ Right, Forward Left, $\frac{1}{4}$ Right, Forward Left, $\frac{1}{4}$ Right, Forward Left,
Forward Right**

- 1-2 Small step forward left, make $\frac{1}{4}$ pivot turn right onto right
- 3-6 Repeat above turn twice facing 3:00 wall

**Allow the right foot to remain in place on these turns and add hip sways left then right
on each turn**

- 7-8 Step forward left, right

Repeat

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=76011