

# Laid Back'N Low Key

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

**Choreographer:** Peter & Alison, TheDanceFactoryUK, Feb 08

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

       **Start 20 counts after the heavy**

**beat kicks in when he sings the word 'LOW' 20**    

   

**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**

     ,      ,     

   

**R fwd rock & recover,**

**¼ right shuffle, weave R 4**

        **&**     ,   **1/4**     , **4**

**1-2**

**Rock R forward, recover weight on L**

□□□□ , □□□

**3&4**

**Turning  $\frac{1}{4}$  right step R side, step L together, step R**

**side**

□□ 90□□□□ , □□□ , □□□

**5-8**

**Cross step L over R, step R side, cross L behind R,**

**step R side**

□□□□□□□□ , □□□ , □□□□□□□□ , □□□

□□□

**L cross rock &**

**recover,  $\frac{1}{4}$  L shuffle, R fwd,  $\frac{1}{2}$  L pivot turn, walk/skate/full turn R & L**

**fwd**

□□□□ & □□ , □□  $\frac{1}{4}$ □□ , □□ , □□  $\frac{1}{2}$ , □ /□□ /□□□ & □□

**1-2**

**Cross rock L over R, recover weight on R**

□□□□□□□□ , □□□

**3&4**

**Step L to L side, step R together, turn  $\frac{1}{4}$  L step L**

**forward**

□□□□ , □□□□ , □□ 90□□□□

5-6

Step R forward, pivot 1/2 left □□□□ , □□ 180□

7-8

Step R forward, step L forward (or skate forward R

& L)

□□□□ , □□□□ (□□□□

□ & □ )

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

(□□□□ : 7-8 □□□□ )

□□□

25-32 Rocking chair, 1/4 R jazz box cross

□□□□ , □□ 1/4□□□□

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 1/4 right step R

side, cross step L over R

□□□□□□□□□□ , □□□□□□ , □□ 90□□□□□□□□ , □□□□□□□□□□

Big Ending: (□□□□□□□□ 4□ , □□□□□□□□□□□□ )

Rock

**R forward, recover weight on L Turning ¼ right step R side, step L together,  
step R side, Step L forward - ta-da!**

□□□□ , □□□ , □ 90□□□□ , □□□ , □□□ , □□□

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=10383](https://www.linedance.com/index.php?f=dance_view&id=10383)