

Laid Back'N Low Key [][][][]

LINEDANCE.COM

Count: 32 Wall: 4 Level: Intermediate

Choreographer: Peter & Alison, TheDanceFactoryUK, Feb 08

[][] 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 ½ 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, ¼ 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 ¼ 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□□□□ , □□□ , □□□ , □□□

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=-backn-low-key-ID103