



LAID BACK 'N LOW KEY

Choreographed by Peter Metelnick & Alison Biggs

32 Count, 4 Wall, Intermediate level line dance

Music: Laid Back 'N Low Key by Alan Jackson

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Start 20 counts after the heavy beat kicks in when he sings the word 'LOW'

1-8 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

9 -16 R fwd rock & recover, 1/4 right shuffle, weave R 4

- 1 - 2 Rock R forward, recover weight on L
- 3 & 4 Turning 1/4 right step R side, step L together, step R side
- 5 - 8 Cross step L over R, step R side, cross L behind R, step R side

17-24 L cross rock & rcvr, 1/4 L shuffle, R fwd, 1/2 L pivot turn, walk/skate/full turn R & L fwd

- 1 - 2 Cross rock L over R, recover weight on R
- 3 & 4 Step L to L side, step R together, turn 1/4 L step L forward
- 5 - 6 Step R forward, pivot 1/2 left
- 7 - 8 Step R forward, step L forward (or skate forward R & L)

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

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

- 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

Big Ending: Rock R forward, recover weight on L Turning 1/4 right step R side, step L together, step R side, Step L forward - ta da!

(Originally taught by Elysium Dance Designs May 2008)

