



Dance: **Laid Back 'n Low Key**
 Type: 32 Count, 4 Wall, Intermediate
 Choreographer: Peter Metelnick (UK) & Alison Biggs (UK), February 2008
 Choreographed to: Laid Back 'n Low Key by Alan Jackson (120 bpm, 2:49 min)

Intro: Start after count 20, on the word "Low"

Section 1	Side, Close, Back x 2, Cross, Side, Close, Left Shuffle	
1,2	Step right to right side. Step left beside right	Side, close
3&4	Step right back. Step left back. Cross right over left	Back, &, criss
5,6	Step left to left side. Step right beside left	Side, close
7&8	Step left forward. Step right beside left. Step left forward	Left shuffle
Section 2	Forward Rock, 1/4 Chasse Right, Weave Right, Side	
1,2	Rock forward on right. Recover on left	Forward rock
3&4	Turn 1/4 right stepping right to right side (3:00). Step left beside right. Step right to right side	Turn chasse
5,6	Cross left over right. Step right to right side	Cross, side
7,8	Cross left behind right. Step right to right side	Behind, side
Section 3	Cross Rock, Chasse 1/4 Left, Step Pivot 1/2, Walk x 2	
1,2	Cross rock left over right. Recover on right	Cross rock
3&4	Step left to left side. Step right beside left. Step left 1/4 turn left (12:00)	Left chasse turn
5,6	Step right forward. Pivot 1/2 turn left (6:00)	Step, pivot
	<i>Non-turning steps 3-6: Chasse Left, Back Rock 1/4 Turn</i>	
3&4	<i>Step left to left side. Step right beside left. Step left to left side</i>	<i>Left chasse</i>
5,6	<i>Rock back on right. Turn 1/4 right recovering on left (6:00)</i>	<i>Rock, turn</i>
7,8	Walk forward stepping right, left	Walk, walk
	<i>Optional turning steps 7-8: Full Turn</i>	
7,8	<i>Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward</i>	<i>Full turn</i>
Section 4	Rocking Chair, Jazz Box 1/4 Cross	
1-4	Rock forward on right. Recover on left. Rock back on right. Recover on left	Rocking chair
5,6	Cross right over left. Step left back	Cross, back
7,8	Step right 1/4 turn right (9:00). Cross left over right	Turn, cross