

Laid Back 'N Low Key (棕櫚樹下) (zh)

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Peter Metelnick (UK) & Alison Metelnick (UK) - 2008年02月

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



前奏 : Start 20 counts after the heavy beat kicks in when he sings the word 'LOW' 20拍後起跳

第一段 R side, L together, R back ball cross, L side, R together, L fwd shuffle 右側, 左併, 右後踏交叉, 左側, 右併, 左前交換

1-2 Step R side, step L together 右足右踏, 左足併踏

3&4 Step R back, step L back, cross step R over L
右足後踏, 左足後踏, 右足於左足前交叉踏

5-6 Step L side, step R together 左足左踏, 右足併踏

7&8 Step L forward, step R together, step L forward
左足前踏, 右足併踏, 左足前踏

第二段 R fwd rock & recover, ¼ right shuffle, weave R 4
右前下沉 & 回復, 右1/4轉交換, 4拍右藤步

1-2 Rock R forward, recover weight on L
右足前下沉, 左足回復

3&4 Turning ¼ right step R side, step L together, step R side
右轉90度右足右踏, 左足併踏, 右足右踏

5-8 Cross step L over R, step R side, cross L behind R, step R side
左足於右足前交叉踏, 右足右踏, 左足於右足後交叉踏, 右足右踏

第三段 L cross rock & recover, ¼ L shuffle, R fwd, ½ L pivot turn, walk/skate/full turn R & L fwd
左交叉下沉 & 回復, 左轉1/4交換, 右前, 左轉1/2, 走/滑冰/右轉圈 & 左前

1-2 Cross rock L over R, recover weight on R
左足於右足前交叉下沉, 右足回復

3&4 Step L to L side, step R together, turn ¼ L step L forward
左足左踏, 右足併踏, 左轉90度左足前踏

5-6 Step R forward, pivot ½ left 右足前踏, 左轉180度

7-8 Step R forward, step L forward (or skate forward R & L)
右足前踏, 左足前踏(或滑冰步 右 & 左)
(Option: Full turn left on counts 23-24)
(進階版 : 7-8 左轉圈)

第四段 25-32 Rocking chair, ¼ R jazz box cross
搖椅步, 右轉1/4爵士方塊

1-4 Rock R forward, recover weight on L, rock R back, recover weight on L 右足前下沉, 左足回復, 右足後下沉, 左足回復

5-8 Cross R over L, step L back, turning ¼ right step R side, cross step L over R
右足於左足前交叉踏, 左足後踏, 右轉90度右足右踏, 左足於右足前交叉踏

Big Ending: (同第二段前4拍, 第四拍後加一拍左足前踏)

Rock R forward, recover weight on L Turning ¼ right step R side, step L together, step R side, Step L forward – ta-da!
右足前下沉, 左足回復, 右轉90度右足右踏, 左足併踏, 右足右踏, 左足前踏