

Laid Back 'n Low Key

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Peter Metelnick (UK) & Alison Metelnick (UK) - February 2008

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



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, ¼ right shuffle, weave R 4

- 1-2 Rock R forward, recover weight on L
- 3&4 Turning ¼ 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 & recover, ¼ L shuffle, R fwd, ½ 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 ¼ L step L forward
- 5-6 Step R forward, pivot ½ 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, ¼ 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 ¼ right step R side, cross step L over R

Big Ending: Rock R forward, recover weight on L Turning ¼ right step R side, step L together, step R side, Step L forward – ta-da!
