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Laid Back

32 Count 2 Walls Beginner

Choreographed by: Natalie Davids (ZA)

Choreographed to: Laid Back 'n Low Key on Good Time by Alan Jackson

Style: Country

| | |
|------------------|---|
| Section 1 | Toe struts fwd x 4 right left , right left |
| 1 2 | Step fwd on right toe. drop heel taking wieght. |
| 3 4 | Step fwd on left toe. Drop heel taking weight |
| 5 6 | Step Fwd on right toe. Drop heel taking weight |
| 7 8 | Step fwd on left toe. Drop heel taking weight |
| Section 2 | Monterey 1/4 turn. rocking chair |
| 1 2 | Touch right to right side. On ball of left make 1/4 turn right, stepping right beside left. |
| 3 4 | Touch left to left side, touch left beside right |
| 5 6 7 8 | Rock fwd on left. Rock back on right, rock fwd on left. rock back on right. |
| Section 3 | Rock recover, step touch x 2 |
| 1 2 | Rock right diagonal fwd. Rock back diagonal back on to left. Sway hips as you rock fwd and back |
| 3 4 | step left diagonal fwd, swaying hips fwd. touch left next to right. |
| 5 6 | Rock left diagonal fwd. rock back diagonal on to right.way hips as you rock fwd and back |
| 7 8 | Step left diagonal fwd, swaying hips fwd. Touch right next to left |
| Section 4 | Kick ball change x 2, jazz box 1/4 turn |
| 1& 2 | Kick right fwd. Step right beside left. Step on to left in place |
| 3 & 4 | Kick right fwd. Step right beside left. Step on to left in place |
| 5 6 | Cross right over left. Step back on left. |
| 7 8 | Step right 1/4 turn right. Step left beside right |
| Note: | When dancing to Snap Your Fingers |
| Note | Snap your fingers on the first 8 counts of the dance in Section 1, Section 2 - counts 13,14,15,16 and Section 4 on counts 25,26,27,28. |
| Note | Laid Back & Low Key has a 20 count intro. Snap Your Fingers Has a 16 count intro |

Alternative Tracks:

Snap Your Fingers on 40 #1 Hits by Ronnie Milsap , 106 BPM

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