

# LAI D BACK 'n' LOW KEY

32 COUNT, 4 WALL, LINE DANCE

PREPARED BY: SADIAH HEGGERNES 33 05 87 94 / 902 04 440  
LEVEL OF DIFFICULTY: IMPROVER  
CHOREOGRAPHED BY: PETER METELNICK & ALISON BIGGS(MARCH 2008)  
CHOREOGRAPHED TO: "LAID BACK 'N LOW KEY" by Alan Jackson, CD: "GOOD TIME"

## Section 1 RIGHT SIDE, LEFT TOGETHER, RIGHT BACK BALL CROSS, LEFT SIDE, RIGHT TOGETHER, LEFT FORWARD SHUFFLE

1-2 Step right side, step left together  
3&4 Step right back, step left back, cross right over left  
5-6 Step left side, step right together  
7&8 Step left forward, step right together, step left forward

## Section 2 RIGHT FORWARD ROCK & RECOVER, ¼ RIGHT SHUFFLE, WEAVE RIGHT 4

1-2 Rock right forward, recover on left  
3&4 Turning ¼ right step right side, step left together, step right side  
5-8 Cross left over right, step right side, cross left behind right, step right side

## Section 3 LEFT CROSS ROCK & RECOVER, ¼ LEFT SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN, WALK/SKATE/FULL TURN RIGHT & LEFT FORWARD

1-2 Cross rock left over right, recover on right  
3&4 Step left to left side, step right together, turn ¼ left step left forward  
5-6 Step right forward, pivot ½ left  
7-8 Step right forward, step left forward (or skate forward right & left)  
Option: full turn left on counts 7-8

## Section 4 ROCKING CHAIR, ¼ RIGHT JAZZ BOX CROSS

1-4 Rock right forward, recover on left, rock right back, recover on left  
5-8 Cross right over left, step left back, turning ¼ right step right side, cross

## BIG ENDING

1-6 Rock right forward, recover on left, turning ¼ right step right side, step left together, step right side, step left forward

