

# Laid Back 'n Low Key



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**Choreographer:** Peter Metelnick & Alison Biggs

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Intro:** 20 counts, after the heavy beat kicks in when he sings the word 'LOW'

**Music:** "Laid Back 'n Low Key" by Alan Jackson

**Start 20 counts (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

**Start Again**

**Big Ending: Rock R forward, recover weight on L Turning ¼ right step R side, step L together, step R side, Step L forward**

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