

# Laid Back

**Count:** 64

**Wall:** 2

**Level:** Easy Intermediate

**Choreographer:** Robbie McGowan Hickie

**Music:** "Laid Back Stone Cold" by Michelle Wright (142 bpm) - CD... "Boot Scootin' Boogie – The Nashville Line Dancing Album"

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**Alt: "Senorita Mas Fina" by Kevin Fowler (142 bpm...32 Count intro)  
CD... "High On The Hog"**

**(32 Count intro)**

**Chasse Left. Back Rock. Step. Pivot 1/2 Turn Left. Diagonal Step Forward.  
Stomp Up.**

1&2 Step Left to Left side. Close Right beside Left. Step Left to Left side.  
3 – 4 Rock back on Right. Rock forward on Left.  
5 – 6 Step forward on Right. Pivot 1/2 turn Left.  
7 – 8 Step Right Diagonally forward Right. Stomp up Left beside Right. (6 o'clock)

**Chasse Left. Back Rock. Step. Pivot 1/2 Turn Left. Diagonal Step Forward.  
Stomp Up.**

1&2 Step Left to Left side. Close Right beside Left. Step Left to Left side.  
3 – 4 Rock back on Right. Rock forward on Left.  
5 – 6 Step forward on Right. Pivot 1/2 turn Left.  
7 – 8 Step Right Diagonally forward Right. Stomp up Left beside Right. (12 o'clock)

**Side Step Left. Together. Left Toe Strut. Forward Rock. Touch Back. Reverse  
Pivot 1/4 Turn Right.**

1 – 2 Long step Left to Left side. Close Right beside Left.  
3 – 4 Touch Left toe forward. Drop Left heel to floor.  
5 – 6 Rock forward on Right. Rock back on Left.  
7 – 8 Touch Right toe back. Reverse pivot 1/4 turn Right. (Weight on Right)  
(3 o'clock)

**Cross Rock. Side Rock. Crossing Toe Strut. 2 x 1/4 Turns Left.**

1 – 2 Cross rock Left over Right. Rock back on Right.  
3 – 4 Rock Left out to Left side. Recover weight on Right.  
5 – 6 Cross step Left toe over Right. Drop Left heel to floor.  
7 – 8 Turn 1/4 turn Left stepping back on Right. Turn 1/4 turn Left stepping  
Left to Left side. (9 o'clock)

**Toe Points x3. Hold. & Cross. Hold. 2 x Heel Bounces with 1/2 Turn Right.**

1 – 2 Cross/Touch Right toe Diagonally forward Left. Touch Right toe out  
to Right side.

3 – 4            Cross/Touch Right toe Diagonally forward Left. Hold.  
&5 – 6            Jump/Step ball of Right to Right side. Cross step Left over  
Right. Hold.  
7 – 8            Bounce both heels x 2 whilst making 1/2 turn Right. (Weight ends on  
Left) (3 o'clock)

**Back Rock. Right Shuffle Forward. Forward Rock. 2 x 1/2 Turns Left.**

1 – 2            Rock back on Right. Rock forward on Left.  
3&4            Right shuffle forward stepping Right. Left. Right.  
5 – 6            Rock forward on Left. Rock back on Right.  
7 – 8            Turn 1/2 turn Left stepping forward on Left. Turn 1/2 turn Left  
stepping back on Right.

**Back Rock. Step Forward. Scuff. Right Jazz Box 1/4 Turn Right. Scuff.**

1 – 2            Rock back on Left. Rock forward on Right.  
3 – 4            Step forward on Left. Scuff Right forward.  
5 – 6            Cross step Right over Left. Step back on Left.  
7 – 8            Turn 1/4 turn Right stepping forward on Right. Scuff Left slightly  
forward. (Facing 6 o'clock)

**Diagonal Steps Forward x2. Step Back. Hold and Clap. Out-Out. Hold and Clap. Elvis Knees.**

1 – 2            Step Left Diagonally forward Left. Step Right Diagonally forward  
Right. (Feet Shoulder Width Apart)  
3 – 4            Step Left back into centre. Hold and Clap.  
&5            Jump Right Diagonally back and to Right side. Jump Left Diagonally  
back and to Left side.  
6            Hold and Clap. (Feet Shoulder Width Apart) (Weight on Left)  
7 – 8            Pop Right knee in across Left. Pop Left knee in across Right. (Weight  
on Right) (Facing 6 o'clock)

**Start Again**

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