

# Laid Back 'N Low Key

Choreographer: Allen Matthias  
Description: 64 count, partner/circle dance  
Music: **Laid Back 'n Low Key** by Alan Jackson

## Beats / Step Description

### **FORWARD ROCK, SHUFFLE BACK, ¼ TURN TOUCH, ¼ TURN TOUCH**

1-2 Rock forward on left, rock back on right  
3&4 Left shuffle back  
5-6 ¼ turn right on right (into Indian), touch left beside right  
7-8 ¼ turn left on left (back into Sweetheart), touch right beside left

### **¼ TURN TOUCH, SIDE TOUCH, SIDE BEHIND, SIDE BEHIND**

1-2 ¼ turn left stepping forward on right (right hand over lady's head), touch left beside right  
3-4 Step left to left side, touch right beside left  
5-6 Step right to right side, step left behind right (dip)  
7-8 Step right to right side, step left behind right (dip)

### **TURN BRUSH, STEP BRUSH, SIDE BEHIND, TURN TOUCH**

1-2 ¼ turn right on right (bring right hand back over lady's head into sweethearts), brush left  
3-4 Step forward on left, brush right  
5-6 Step right to right side, step left behind  
7-8 ¼ turn right stepping on right (into Indian), touch left beside right

### **SIDE BEHIND SIDE TOUCH, ¼ TURN, 4 WALKS**

1-2 Left to left side, right behind  
3-4 Step left to left side, touch right beside left  
5-8 ¼ turn left stepping right, left, right, left, (back in to Sweetheart)

### **JAZZ BOX WITH BRUSH, WALK WALK SHUFFLE**

1-4 Right jazz box with brush  
5-6 **MAN:** Walk left, right **LADY:** ½ Turn right on left, right  
7&8 **MAN:** Left shuffle **LADY:** Left shuffle back  
As lady turns, left hand over lady's head

### **ROCK STEP, SHUFFLE, ROCK STEP, SHUFFLE FORWARD**

1-2 **MAN:** Rock forward on right recover on left **LADY:** Rock back on right forward on left  
3&4 **MAN:** Right shuffle back **LADY:** ½ Turn shuffle left  
As she turns, back into sweetheart  
5-6 **BOTH:** Rock back on left forward on right  
7&8 Left shuffle forward

### **2 FORWARD ROCKS, STEP, LOCK, STEP, BRUSH**

1-4 Rock forward on right, recover on left, Rock forward on right, recover on left  
5-8 Step forward on right, lock left behind right, Step forward right, brush left

### **WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE**

1-2 **MAN:** Walk left, right **LADY:** Full turn right on left, right  
3&4 **MAN:** Left shuffle **LADY:** Left shuffle  
5-6 **MAN:** Walk right, left **LADY:** Full turn left on right, left  
7&8 **MAN:** Right shuffle **LADY:** Right shuffle

Smile and Begin Again

