

## Laid Back

64 Count, 2 Wall, Intermediate

Choreographer: Ron Tate (UK) Oct 2015

Choreographed to: Lay Back In The Arms Of Someone by Smokie.

CD: Greatest Hits (125 bpm)

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### Count In: Start Just Before Vocals Kick In (Approx 16 Seconds)

Tags/Restarts: None

- S1: Side Rocks, Behind, Side, Cross Shuffle, Side Rocks**  
1 - 2 Side Rock (R), Side Rock (L)  
3 - 4 Cross (R) Behind (L), Step (L) To Side  
5 & 6 Cross (R) Over (R), Step (L) To Side, Cross (R) Over (L)  
7 - 8 Side Rock (L), Side Rock (R)
- S2: Behind, Side, Cross Shuffle, Side Rocks, Sailor Turn**  
1 - 2 Cross (L) Behind (R), Step (R) To Side  
3 & 4 Cross (L) Over (R), Step (R) To Side, Cross (L) Over (R)  
5 - 6 Side Rock (R), Side Rock (L)  
7 & 8 Cross (R) Behind (L) Making ¼ Turn (R), Step (L) To Side, Step (R) In Place (3 O'clock)
- S3: Rocking Chair, Step, Lock, Shuffle**  
1 - 4 Rock Forward (L), Rock Back (R), Rock Back (L), Rock Forward (R)  
5 - 6 Step Forward (L), Lock Step (R) Behind (L)  
7 & 8 Step Forward (L), Step (R) Next To (L), Step Forward (L)
- S4: Rock Steps, 2x Shuffle Turns, Rock Steps**  
1 - 2 Rock Forward (R), Rock Back (L)  
3 & 4 Shuffle ½ Turn (R) Stepping (R L R) 9 O'clock  
5 & 6 Shuffle ½ Turn (R) Stepping (L R L) 3 O'clock  
7 - 8 Rock Back (R), Rock Forward (L)
- S5: Rocking Chair, ½ Turn, ¼ Turn, Cross Shuffle**  
1 - 4 Rock Forward (R), Rock Back (L), Rock Back (R), Rock Forward (L)  
5 Make ½ Turn (L) Stepping Back (R) 9 O'clock  
6 On Ball Of (R) Make A ¼ Turn (L) Stepping (L) To Side 6 O'clock  
7 & 8 Cross (R) Over (L), Step (L) To Side, Cross (R) Over (L)
- S6: Side Rocks, Behind, Side, Cross, Side Steps, Chasse Turn**  
1 - 2 Side Rock (L), Side Rock (R)  
3 & 4 Cross (L) Behind (R), Step (R) To Side, Cross (L) Over (R)  
5 - 6 Step (R) To Side, Step (L) Next To (R)  
7 & 8 Step (R) To Side, Step (L) Next To (R), Step (R) To Side Making ¼ Turn (R) 9 O'clock
- S7: Rock Steps, Coaster, Rock Steps, Shuffle Turn**  
1 - 2 Rock Forward (L), Rock Back (R)  
3 & 4 Step Back (L), Step (R) Next To (L), Step Forward (L)  
5 - 6 Rock Forward (R), Rock Back (L)  
7 & 8 Shuffle ½ Turn (R) Stepping (R L R) 3 O'clock
- S8: Full Turn (Or) 2x Walks Forward, Shuffle, Jazz Box With Turn**  
1 Make ½ Turn (R) Stepping Back (L) 9 O'clock  
2 On Ball Of (L) Make ½ Turn (R) Stepping Forward (R) 3 O'clock  
**(1-2) Nb. Easier Option: Walk Forward (L), Walk Forward (R)**  
3 & 4 Step Forward (L), Step (R) Next To (L), Step Forward (L)  
5 - 6 Cross (R) Over (L), Step Back (L)  
7 - 8 Make ¼ Turn (R) Stepping (R) To Side, Cross (L) Over (R) 6 O'clock

### Repeat Steps

