

Sand And Sea

CHOREOGRAPHY Terry Hogan. Brisbane. Australia. (07 33579947)

MUSIC Laid Back 'N Low Key by Alan Jackson

DIFFICULTY RATING Very Easy Intermediate

32 count, 4 wall line dance turning clockwise. April 2008.

24 count intro - step off on the word 'low'.

1-8: SIDE L, HOLD, ROCK BEHIND R, REPLACE L, SIDE R, HOLD, ROCK BEHIND L, REPLACE R

1,2 Long slide/step side Left, Hold allowing Right foot to slide toward Left

3,4 Cross-rock Right behind Left, replace weight onto Left

5,6 Long slide/step side Right, Hold allowing Left foot to slide toward Right

7,8 Cross-rock left behind Right, replace weight onto Right

9-16: SIDE L, DIAGONAL BACK R, CROSS L, SIDE R, DIAGONAL BACK L, CROSS R, SIDE L 1/4R, 1/4R FWD R

1-3 Step side Left, step backward on diagonal Right, step Left across Right

4-6 Step side Right, step backward on diagonal Left, step Right across Left

**allow body to turn naturally toward diagonal on 'diagonal' steps 2,3 & 5,6*

7 Step side Left and make 1/4 turn right - to face 3 o'clock wall

8 Make 1/4 turn right and step forward Right - facing back wall

17-24: FWD L, HOLD, ROCK FWD R, REPLACE L, BACK R, HOLD, ROCK BACK L, REPLACE R

1-4 Step forward Left, Hold, rock-step forward Right, replace weight back onto Left

5-8 Step back Right, Hold, rock-step back Left, replace weight forward onto Right

25-32: FWD L, 1/4R, FWD L, 1/4R, FWD L, 1/4 R, FWD L, FWD R.

1-2 Small step forward Left, make 1/4 pivot turn right onto Right

3-6 Repeat above turn twice - facing 3 o'clock wall

**allow the Right foot to remain in place on these turns and add hip sways left then right on each turn*

7,8 Step forward Left, Right

This seemed a perfect song to use for an easy dance to teach in Hawaii and I tried to give it a 'feel' to fit the music - so it needs to be smooth, almost sliding rather than lifting the feet like you're on the beach, and incorporating the hips as much as possible - just listen to the lyrics. The song is from Alan Jackson's latest CD "Goodtime".

Step Sheet Courtesy of LineDanceFun on the Internet at www.linedancefun.com