

Drop It Low

Count: 96

Wand: 1

Ebene: Phrased Easy Intermediate -
Fitness version



Choreograf/in: Pooi Kuan (MY) - May 2016

Musik: Drop It Low - Kat Deluna

Dance Start after 32 counts

Sequence: Tag A, Tag B, Tag A, Tag B, A Tag Tag B, A (16 counts) Tag B, A, A (Sec 5 & 6 Only).

Tag (4 counts) Out, Out, Body Roll, Touch

1 2 3 4 Step RF Out, Step LF Out, Chest roll out & in , Touch RF beside LF

PART A (48 counts)

Section A1: Side Mambo R & L, Front Mambo R & L

1&2 Rock RF to R, Recover on LF, Step RF beside LF,

3&4 Rock LF to L, Recover on RF, Step LF beside RF,

5&6 Rock RF Forward, Recover on LF, Step RF Back

7&8 Rock LF Forward, Recover on RF, Step LF Back

Section A2: Repeat A1

Section A3: Step Touch 4x

1 2 3 4 Step RF to R, Touch LF behind RF, Step LF to L, Touch RF behind LF

5 6 7 8 Step RF to R, Touch LF behind RF, Step LF to L, Touch RF behind LF

Section A4: Repeat A3

Section A5: Touch, Step Back

1 2 3 4 5 6 Touch RF slightly to Left (facing 11:00) – 6 times

Clap hands on top (1)(3)(5), open hands to side (2)(4)(6),

7 8 Sweep RF from front to back (change facing direction to 1:00)

Open both hands from top to side

Section A6: Touch, Step Back

1 2 3 4 5 6 Touch LF slightly to R (facing 1:00) – 6 times

Clap hands on top (1)(3)(5), open hands to side (2)(4)(6),

7 8 Sweep LF from front to back (change facing direction to 12:00)

Open both hands from top to side

PART B (48 counts)

Section B1: Hand Roll with Bend Knee, Body Up, Hands Open, Chest Pop, Cross Unwind

1 2 Right elbow in front of chest and roll right hand clock wise with a bit bend knee, Body Up

3 4 Open right hand to right, open left hand to left

5 6 Pop chest twice at the same both hands up down in front of chest

7 8 Cross RF over LF (or small jump cross over), unwind 1/2L turn

Section B2: Repeat Section B1

Section B3: Step Together Step Touch to Right Side 2x

1 2 3 4 Step RF to R, Hold/Hip Bump, Step LF together, Hold

5 6 7 8 Step RF to R, Hold/Hip Bump, Step LF together, Hold

Section B4: Step Together Step Touch to Left Side 2x

1 2 3 4 Step LF to L, Hold/Hip Bump, Step LF to F, Hold

5 6 7 8 Step LF to L, Hold/Hip Bump, Step LF to F, Hold

Section B5: □Shoulder Pop

1 2 3 4 Step RF to R at the same time Pop Shoulder to R,L,R,R

5 6 7 8 Pop Shoulder to L,R,L,L and touch RF beside LF on count 8.

Section B6: □Repeat Section B5

Enjoy!

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