

# Get Low

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Ami Carter (UK) - August 2017

Musik: Low (feat. RuPaul) - Todrick Hall : (Album: Straight Outta Oz - Deluxe Edition)



**Intro: 16 counts from start of track**

**Restart: Wall 11 after 16 counts**

**[1 – 8] R KICK-BALL-TOUCH, HIP PUSH, L BALL-STEP, STEP, ¼ C-HIP BUMP**

- 1&2 Kick right foot forward, step right foot slightly back, touch left toe forward
- 3 4 Bend both knees pushing hips back, recover returning hips to centre
- &5 6 Step left foot next to right, walk forward right, left
- 7& Make ¼ turn left touching right toe to side and bumping right hip, return hip to centre, step down onto right foot bumping right hip (9.00)

**[9 – 16] ¼ TURN, ½ TURN, L COASTER STEP, STOMP R OUT, STOMP L OUT, TWIST HEEL-TOE-HEEL**

- 1 2 Make ¼ turn left stepping forward on left foot, make ½ turn stepping back on right foot (12.00)
- 3&4 Step left foot back, close right foot next to left, step left foot forward
- 5 6 Stomp right foot out to right side, stomp left foot out to left side
- 7&8 Twist right foot towards left – heel, toe, heel (weight remains on left foot)

**Restart here on wall 11**

**[17 – 24] R STEP, ½ TURNING L SAILOR-HEEL, HOLD, BALL-STEP, ½ TURN, ¼ BALL-CROSS, POINT**

- 1 Step right foot forward
- 2&3 Make ¼ turn left stepping left foot behind right, make ¼ turn stepping right foot in place, touch left heel forward (6.00)
- 4 Hold
- &5 6 Step left foot next to right, step right foot forward, make ½ turn right stepping left foot back (12.00)
- &7 Make ¼ turn right stepping right foot slightly to right side, cross left foot over right (3.00)
- 8 Point right toe to right side

**[25 – 32] R SAILOR STEP, ¼ TURNING L SAILOR STEP, 2 x ¼ PADDLE TURNS, ¼ R LUNGE/HEEL TWIST, RECOVER/DRAW**

- 1&2 Cross right foot behind left, step left to left side, step right to right side
- 3&4 Make ¼ turn left stepping left behind right, step right in place, step left foot slightly forward (12.00)
- 5 6 Make ¼ turn left touching right toe to right side, make ¼ turn left touching right toe to right side (6.00)
- 7 8 Make ¼ turn left stepping right foot to right side (bend right knee slightly, twist to left whilst lifting left toe), recover weight onto left foot dragging right foot towards left (3.00)

**START AGAIN**