

# Keep It Low

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Sebastiaan Holtland (NL) - September 2021

Musik: Keep It Low - Martis : (New Single 2021)



Introduction: 32 counts, start approx 18 sec.

Sequence: 32, 32, 32, 32, 32, 8, Restart, 32, 32, 32 ending.

**Part 1. [1-8] Walks in Place R, L, Side Point R, Together, Walks in Place L, R, Side Point L, Together.**

1,4 Walk Rf in place (1), Walk Lf In place (2), Point Rf out to R (3), Step Rf beside Lf (4).

5,8 Walk Lf In place (5), Walk Rf in place (6), Point Lf to L (7), Step Lf beside Rf (8).

**(NB: Restart here in wall 6 after 8 counts, after start again 3 o'clock).**

**Part 2. [9-16] Rocking Chair R, ½ Shuffle Turn L, Back Rock L.**

1,4 Rock Rf fwd (1), Recover back onto Lf (2), Rock Rf back (3), Recover back onto Lf (4).

5&6 ½ Shuffle turn L (6.00) R, L, R (5&6).

7,8 Rock Lf back (7), Recover back onto Rf (8).

**Part 3. [17-24] L Side, R Together, L Big Step Fwd, Knee Lift R, R Side, Touch L Together R, L Step with ¼ Turn L, R Scuff Fwd.**

1,4 Step Lf to L (1), Step Rf beside Lf (2), Step Lf big fwd (3), Lift R knee up (4).

5,8 Step Rf to R (5), Touch Lf beside Rf (6), Make ¼ turn L (3.00) step Lf fwd (7), Scuff R heel fwd (8).

**Part 4. [25-32] Fwd Coaster Step R, Hook L Across R, L Step, Side Rock R, R Dixie Kick Fwd.**

1,4 Step Rf fwd (1), Step Lf beside Rf (2), Step Rf back (3), Hook Lf in front off R knee (4).

5,8 Step Lf fwd (5), Rock Rf to R (6), Recover back onto Lf (7), Dixie kick Rf fwd to front (8).

**REPEAT DANCE AND HAVE FUN!!**

Dance edit, email: [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com)