

Low Low Low

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Noel Bradey (AUS) & Margaret Parrish (AUS) - April 2008

Music: Low (feat. T-Pain) - Flo Rida : (CD: Single)



DANCE STARTS: After 32 Count Introduction

(1-8) KICK,STEP,KICK,STEP,KICK,SHUFFLE FWD, KICK,STEP,KICK,STEP,HITCH, COASTER

- &1&2& Kick R fwd, Step On R beside L, Kick L Fwd, Step on L beside R, Kick R fwd
3&4 Shuffle fwd on R, L, R
&5&6& Kick L fwd, Step On L beside R, Kick R fwd, Step on R beside L, Hitch L
7&8 Step L back, Step R beside L, Step L fwd

(9-16) BALL STEP FWD, ½ PIVOT, ½ TURN, BEHIND SIDE CROSS, SIDE, REPLACE, CROSS, ½ TURN, BEHIND SIDE CROSS

- &1&2 Step on R beside L, Step L fwd, Pivot turn 180° right (wt R), Turn 180° right stepping L back (12:00)
3&4 Cross/step R behind L, Step L to left side, Cross/step R over L
5&6 Rock/step on L to left side, Replace weight to R, Cross/step L over R
&7&8 Turn 180° left stepping R to right side, Cross/step L behind R, Step R to right side, Cross/step L over R (6:00)

(17-24) TOUCH SIDE, HITCH IN, SIDE, REPLACE, ½, ROCK, REPLACE HITCH, SIDE SHUFFLE

- 1,2 Touch R to right side, Hitch R in to beside L leg,
3&4 Rock/step R to right side, Replace weight to L, Turn 180° right stepping on R to right side (12:00)
5,6 Rock/step on L to left side, Replace weight on to R hitching L in to beside R
7&8 (Travelling to Left)Side shuffle L, R, L

(25-32) FWD, ¼ BOUNCE, ¼ BOUNCE, ½ TURN, COASTER, FWD, ½ PIVOT

- 1,2,3,4 Step R fwd, (with hands out slightly from side, palms down) Bounce in to a 90° turn, left, bounce in to a 90° turn left, Pivot turn 180° right (wt L) (12:00)
5&6 Step Back on R, Step On L beside R, Step R fwd
7,8& Step L fwd, Pivot turn 180° right (wt R), Turn 180° right stepping L back (6:00)

(33-40) BACK, REPLACE, FWD, REPLACE, BALL, HEEL, ¼ HITCH, ¼, ¾

- 1,2,3,4 Rock/step R back, Replace weight to L, Rock/step R fwd, Replace weight to L
&5,6 Step on R beside L, Touch L heel fwd at 45° left, Turn 90° left hitching L up
7,8 Step L fwd, Step fwd on R to turn 270° left (12:00)

(41-48) FWD, ROCK, REPLACE, ROCK, GALLOP FWD, ¼ TWIST WITH SLAP, ¼ TWIST WITH FISTS

- 1,2,3,4 (with arms slightly bent at side and palms facing fwd do a pushing movement with each rock fwd) Rock/step L fwd, Replace weight to R, Rock/step down on L, replace weight o R
5&6 (With hands pushing and facing fwd) Step L, Fwd, Step on R beside L, Step L fwd
7 Twist body 90° right slapping R hand to R buttock
8 Turn 90° left bringing both hand together in front as fists (12:00)

(49-56) MONTEREY ¼ TURN CROSS, ¼, ½, CHA CHA FWD

- 1,2,3,4 Touch R toe to right side, Drag in to beside L turning 90° right, Touch L toe to left side, Cross/step L over R
5,6,7&8 Turning 90° left step R back, Turning 180° left step L to left side, Cha Cha fwd stepping R, L ,R (6:00)

(57-64) FWD, ¼ BOUNCE, ¼ BOUNCE, ½ TURN, ROCK BACK, REPLACE, SIDE SWITCHES

- 1,2,3,4 Step L fwd, (with hands out slightly from side, palms down) Bounce in to a 90° turn, right, bounce in to a 90° turn right, Pivot turn 180° left (wt R) (12:00)
- 5,6,7&8 Rock/step L back, Replace wt to R, Touch L toe to left side, Step L beside R, Touch R toe to right side (6:00)
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