

# Low Low Low low

Count: 0

Wall: 1

Level: Phrased Intermediate

Choreographer: Jo Ann Hilbish (USA) - May 2008

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



**PART A: (the Chorus): 32 counts, always done twice.**

**PART B: (the Verse): 16 counts, always done 4 times (makes a square).**

**Sequence: AA BBBB AA BBBB AA...then fades.**

Intro is 32 counts. Begin dance on "apple-".

**PART A (the Chorus) always faces 12 o'clock**

**CROSS ROCK, SIDE ROCK, STEP ACROSS, BACK, BACK.**

- 1& Rock R across front. Recover on L.
- 2& Rock R to right side. Recover on L.
- 3 Step R across front.
- 4& Step back L. Step R (next to left).

**CROSS ROCK, SIDE ROCK, STEP ACROSS, BACK, BACK.**

- 5& Rock L across front. Recover on R.
- 6& Rock L to left side. Recover on R.
- 7 Step L across front.
- 8& Step back R. Step L (next to right).

**SIDE, (HOLD), & "3-4-5-6-7-8" (HIP BUMPS).**

- 1,2 Step R out to side. Hold count 2.
- & Bring L next to right.
- 3 Step R out to side/ bump hips to right side.
- 4,5,6,7,8 Continue hip bumps 5 more counts in a CCW semi-circle, ending at left side. Weight ends on left.

**TOUCH, SIDE, POINT, (HOLD). POINT, PUMP, PUMP, SAFE!**

- 1,2,3 Touch R (next to left). Step R out to side. Bring fists out to sides: point index fingers DOWN ("floor!").
- 4 Hold count 4.
- 5 (Arms still out at sides) Point index fingers DOWN.
- 6,7 Bring arms down in front of body with palms flat: "pump"(push) palms down. 2 times.
- 8 Palms still down, swing hands out to sides (low) just like an umpire says "safe"!

**LOW, LOW, LOW, LOW (feet remain apart, hands palms down are still out at sides).**

- 1,2,3,4 Sway hips R L R L (preferred styling: also bend your knees & go down Low, Low, Low, Low).
- Continue LOW, LOW, LOW, LOW.**
- 5,6,7,8 Sway hips R L R L (but be standing up by count 8!)

**REPEAT ABOVE 32 COUNTS (PART A) WHICH WILL FINISH THE CHORUS.**

**PART B (the Verse)**

**SAILOR, SAILOR, STEP, ROLL, TURN, HITCH.**

- 1&2 Sailor R.
- 3&4 Sailor L.
- 5 Step R to side.
- 6 Roll L knee CCW to left side, L heel raised, turning ¼ left. Weight is on right. (9 o'clock)
- 7 Step forward on L.

8

Hitch R while turning  $\frac{1}{2}$  left. (3 o'clock)

**CHASSE, SIDE STEP, TOUCH. CHASSE, SIDE STEP, TOUCH.**

1&2, 3,4      Shuffle sideways R. Step (big) L to left side. Touch R next to left.

5&6, 7,8      Shuffle sideways R. Step (big) L to left side. Touch R next to left.

**REPEAT ABOVE 16 COUNTS (PART B) 3 TIMES. THIS MAKES A SQUARE, ENDING FACING 12 O'CLOCK.**

**Begin again. Enjoy yourself!**

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