

# Get Low

**COPPER** **NOB**  
BY STEPHEN HETS

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate



**Chorégraphe:** Ami Carter (UK) - August 2017

**Musique:** 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**