

Low Low

Compte: 32

Mur: 4

Niveau: High Beginner

Chorégraphe: Rizz Choi (KOR) - January 2025

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



intro)

part 1: 16c

part 2: 16c intro dance

(1-8) circle to Right- RF flick

(9-16) circle to Left- LF touch

S1) SIDE ROCK-RECOVER-TOGETHER [R, L], BACK ROCK& HITCH - RECOVER, HITCH- SIDE KICK-STEP, TOGETHER

- 1&2 RF side rock to right, LF recover, RF next to LF
- 3&4 LF side rock to left, RF recover, LF next to RF
- 5 6 RF backward step while LF knee hitch up, LF step in place(weight on)
- 7&8 RF knee hitch and kick side to right, RF ball step beside of LF, LF next to RF

S2) SIDE-TOGETHER [R, L], CROSS TOUCH, SIDE TOUCH, SAILOR STEP, FORWARD STEP

- 1 2 RF side to right, LF next to RF with arms fold in the direction of progression
- 3 4 LF side to left, RF next to LF with arms fold in the direction of progression
- 5 6 RF touch to cross over LF, RF touch side to right
- 7&8 RF behind of LF, LF next to RF, RF side to right
- & LF step(preliminary step)

S3) SWAY (R-L-R-L), SIDE, R $\frac{3}{4}$ UNWIND TURN, TOE SPLITS 2TIMES

- 1 2 RF out to side swaying right, LF sway left weight on to left in place while swipe body from bottom to top with hands
- 3 4 swaying (weight on right-left) while swipe body from bottom to top with hands
- 5 &6 RF step in place, LF kick cross over RF, R $\frac{3}{4}$ turn to right (9:00),
- 7& RF-LF open both toes out, close toe together
- 8& RF-LF open both toes out, close toe together

S4) KICK BALL SIDE POINT [R, L], BODY ROLL WITH ARMS ACTION

- 1&2 RF fwd kick-step ball, RF flat& LF point side to left
- 3&4 LF fwd kick-step ball, LF flat& RF point side to right
- 5 6 RF step with body rolling while lower hands from around chest
- 7 8 body rolling while lower hands from around waist(end of performance LF weight on)

Last Update: 2 Jan 2025