

# Getting Low

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Non-Country Novice  
编舞者: Barbara Seelt (NL) - May 2015  
音乐: Low (feat. T-Pain) - Flo Rida



## [1-8] SCUFF, OUT, OUT, ARM, ARM, FORWARD, ½ TURN L, ARM TO SIDE, ½ TURN R, ARM TO SIDE, JUMP

- 1&2      Scuff LF, step LF behind, step RF forward  
3&4      R arm up in front of chest folded over, L arm up in front of chest folded over (extended of R arm), outstretch both arms straight forward with hands touching  
5, 6, 7      Bring L arm to L – R hand slide down L arm towards shoulder – while turning ½ L, bring L arm back to front while sliding R arm back up to L hand and start to turn ½ turn R, bring R arm to R – L hand slide down R arm towards shoulder – while finishing ½ turn, step LF next to RF  
8      Jump (facing 12:00)

## [9-16] HEELGRIND 2X, ROCK, RECOVER, STEP BACK, ¼ TURN L, SLIDE

- 1, 2&      Heel grind R forward, recover weight on LF, step RF next to LF  
3, 4&      Heel grind L forward, recover weight on RF, step LF next to RF  
5&6      Rock RF forward, recover weight on LF, step RF behind  
7, 8      ¼ turn L while making a big step to L with LF, drag RF to LF (facing 09:00)

## [17-24] CROSSROCK 2X, ¼ JAZZBOX R

- 1&2      Crossrock RF over LF, recover weight on LF, step RF to R  
3&4      Crossrock LF over RF, recover weight on RF, step LF to L  
5, 6      Cross RF over LF, turn ¼ R step LF behind  
7, 8      Step RF to R, step LF forward (facing 12:00)

## [25-32] SWIVEL STEP 2X, ½ PIVOT TURN L, ¾ TURN L, KNEE POP

- 1, 2      Step RF forward while both feet facing to R diagonal, step LF forward while both feet facing L diagonal  
3, 4      Step RF forward, ½ turn L  
5, 6      ¾ turn L on LF, drag RF behind LF  
&7&8      Step RF next to LF, step LF to L, pop both knees (lift both heels), drop both heels

Contact: [barbaraseelt@gmail.com](mailto:barbaraseelt@gmail.com)