

Get Low

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ami Carter (UK) - August 2017
音乐: 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