

# Sing Low (Sweet Josh)

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: Improver  
编舞者: Carrie Ann Earl (ES) - November 2018  
音乐: Swing Low, Sweet Chariot - Josh Turner : (iTunes)



**Intro: 16 counts - No Tags, No Restarts.**

## **SECTION 1: SWAY, SWAY, BEHIND, SIDE, CROSS, SWAY, SWAY, ¼ SAILOR TURN LEFT**

1-2            Rock Right to side, swaying hips Right, recover to Left and sway hips Left  
3&4           Step Right behind Left, step Left to side, step Right across Left  
5-6           Rock Left to side and sway hips Left, recover to Right and sway hips Right  
7&8           ¼ turn Left stepping Left behind Right, step Right to side, step Left forward (9:00)

## **SECTION 2: ROCK FORWARD, RECOVER, RIGHT BACK LOCK, LEFT BACK LOCK, RIGHT COASTER STEP**

1-2            Rock forward on Right, recover weight Left  
3&4           Step back on Right, lock Left across in front of Right, step back Right (angling body to right diagonal)  
5&6           Step back on Left, lock Right across in front of Left, step back Left (angling body to left diagonal)  
7&8           Step Right back, step Left in place, step Right forward (straightening up to face front)

**\*\*Optional jazzy hands on the lock steps\*\***

## **SECTION 3: STEP PIVOT ½ RIGHT, SHUFFLE FORWARD LEFT, RUMBA BOX**

1-2            Step Forward on Left, Pivot ½ Turn Right - weight on Right (3:00)  
3&4           Left shuffle fwd stepping Left, Right, Left  
5&6           Step Right to Right side, Step Left next to Right step Right Back  
7&8           Step Left to Left side, step Right next to Left, Step Left Forward

## **SECTION 4: STEP FORWARD PIVOT ½ LEFT, STEP FORWARD PIVOT ¼ LEFT, CROSS BACK, HEEL BALL CROSS**

1-2            Step forward right, pivot ½ turn left weight onto left (9:00)  
3-4            Step forward right, pivot ¼ turn left weight onto left (6:00)  
5-6            Cross Right over Left, step back on Left  
7&8            Touch heel of Right foot forward, step ball of Right foot back to place, cross Left over Right

**Start Again !**

**Styling : if you wish on the sway steps you can bend knees to go low (swing low)**

**Note: Towards the end of the track the music slows, keep going at the same pace.**

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