

# Selow

拍数: 48                      墙数: 2                      级数: High Beginner  
编舞者: Dud Fery (INA) & Aivi - January 2019  
音乐: Selow - Via Vallen



## #1. Walk 3x - Side - Walk 2x - Mambo.

1-2                      Step R fwd (1) - Step L fwd (2).  
3-4&                    Step R fwd (3) - Step L side to L (4) - R in place (&).  
5-6.                    Step L fwd (5) - Step R fwd (6).  
7&8.                    Step L fwd (7) - R in place (&) - Step L close to R (8).

## #2. Jazz Box - Pivot 1/4 to L - Cross shuffle.

1-2                      Step R cross to L (1) - Step L backward (2).  
3-4.                    Step R side (3) - Step L fwd (4).  
5-6.                    Step R fwd turn 1/4 to L (5) - L in place (6).  
7&8.                    Step R cross over to L (7) - Step L side (&) - Step R cross over to L (8).

## #3. Turn 1/4 to L lock step - Charleston - Pivot 1/4 to L.

1&2                    Step L fwd turn 1/4 to L facing 6:00 (1) - Step R behind to L (&) - Step L fwd (2).  
3-4.                    Touch R toe fwd (3) - Sweep and step down R backward (4).  
5-6.                    Touch L toe fwd (5) - Sweep and step down L fwd (6).  
7-8.                    Step R fwd turn 1/4 to L (7) - L in place (8).

## #4. Forward - Hitch - Backward - Pivot 1/4 to L - Cross Shuffle.

1-2.                    Step R fwd (1) - Step L hitch (2).  
3-4.                    Step L together to R (3) - Step R backward (4).  
5-6.                    Step R fwd turn 1/4 to L (5) - L in place (6).  
7&8.                    Step R cross over to L (7) - Step L side (&) - Step R cross over to L (8).

## \*\* Tag wall 2.

After Count 6..hold - unwind turn 1/2 to L facing 12:00.

(2 x 8) Count.

1&2                    Step R stomp diagonal w/ L hand up  
3&4                    Step L stomp diagonal w/ hand up.  
5&6.                    Step R back stomp diagonal w/ hand up.  
7&8                    Step L back stomp diagonal w/ hand up.

## \*\* Tag Wall 4.

After Count 6 - Hold - unwind turn 1/2 to L

Facing 12:00.

(3 x 8) counts

Same with Tag wall 2.

## #5. Turning 1/2 to L Cross Shuffle - Side - Touch toe behind - Side Touch.

1&2                    Turning 1/2 to L step L cross over to R (1) - Step R side (&) - Step L.cross over to R (2).  
3-4                    Step R side to R (3) - Step L touch toe behind R (4).  
5-6.                    Step L side (5) - Step R side to L (6).  
7-8.                    Step L side (7) - Step R touch toe to L (8).

## #6. Walk 3x - Side Touch - Back walk - Heel Twist

1-2                    Step R fwd (1) - Step L fwd (2).  
3-4.                    Step R fwd (3) - Step L side touch (4).  
5-6                    Step L backward (5) - Step R close to L (6).

7&8. Twist L Heel in toward R (7) - Return twist R Heel in toward L (&) - Twist L Heel in toward R (8).

**## Hope you like new dance and Happy enjoy dancing**

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