

# Selow

拍数: 64      墙数: 1      级数: Phrased High Beginner  
编舞者: Mei Rizal (INA) - February 2019  
音乐: Selow - Via Vallen



## Intro 16 counts - Phrase A-B-C-C-Tag1-A-B-C-C-Tag2-C-C-C-C-C

### A (32 Counts)

#### A1. BOX STEP, ROCKING, COASTER STEP

1&2      Step R to right side, step L together, step back on R  
3&4      Step L to left side, step R together, step L forward  
5&6      Rock R forward, recover on L, step back on R  
7&8      Step back on L, step R next to L, step L forward

#### A2. VAUDEVILLES, ROCKING CHAIR, PIVOT ½ TURN, STEP FORWARD

1&2&      Cross R over L, step L to left side, touch R heel forward to right diagonal, step R next to L  
3&4&      Cross L over R, step R to right side, touch L heel forward to left diagonal, step L next to R  
5&6&      Rock R forward, recover on L, rock R to back, recover on L  
7&8      Step R forward, ½ turn left step on L, step R forward (6:00)

#### A3. BOX STEP, ROCKING, COASTER STEP

1&2      Step L to left side, step R together, step back on L  
3&4      Step R to right side, step L together, step R forward  
5&6      Rock L forward, recover on R, step back on L  
7&8      Step back on R, step L next to R, step R forward

#### A4. VAUDEVILLES, ROCKING CHAIR, PIVOT ½ TURN, STEP FORWARD

1&2&      Cross L over R, step R to right side, touch L heel forward to left diagonal, step L next to R  
3&4&      Cross R over L, step L to left side, touch R heel forward to right diagonal, step R next to L  
5&6&      Rock L forward, recover on R, rock L to back, recover on R  
7&8      Step L forward, ½ turn right step on R, step L forward (12:00)

### B (16 counts)

#### B1. BASIC NIGHTCLUB, BEHIND-SIDE-CROSS, RECOVER-SIDE-CROSS, RECOVER, STEP SIDE

1,2&3      Step R to right side, cross L behind R, recover on R, step L to left side  
4&5      Cross R behind L, step L to left side, cross R over L  
6&7      Recover on L, step R to right side, cross L over R  
8&      Recover on R, step L to left side

#### B2. PIVOT ¼ TURN X4

1,2      Step R forward, ¼ turn left recover on L  
3-8      Repeat 1-2

### C (16 Counts)

#### C1. DOUBLE STEP, SINGLE STEP

1&2&      Step R to right side, step L together, step R to right side, touch L beside R  
3&4&      Step L to left side, touch R beside L, step R to right side, touch L beside R  
5&6&      Step L to left side, step R together, step L to left side, touch R beside L  
7&8&      Step R to right side, touch L beside R, step L to left side, touch R beside L

#### C2. ROCKING, TOUCH

1&2&      Rock cross R over L, recover on L, Rock R to right side, recover on L  
3&4      Rock R behind L, recover on L, step R to right side

5&6& Rock cross L over R, recover on R, rock L to left side, recover on R  
7&8& Rock L behind R, recover on R, step L to left side, touch R beside L (12:00)

**Tag 1 (16 counts)**

**TS1. STEP SIDE (DROP DOWN), TOGETHER, STEP FORWARD, TOGETHER**

1,2 Step R to right dropping into a squat (left hand like pulling the door to the side), step R next to L  
3,4 Step L to left dropping into a squat (right hand like pulling the door to the side), step L next to R  
5,6 Step R forward (bend your knees) (left hand pressing elbow down in front of the chest), step R together  
7,8 Step L forward (bend your knees) (right hand pressing elbow down in front of the chest), step L together

**TS2. REPEATED LIKE No.1**

**Tag 2 (24 counts)**

**TS1&TS2 DO AS IN TAG 1**

**TS3. WALK AROUND**

1-8 Walk around to the right (full turn)

**Have FUN !!**

**Last Update – 16th Feb. 2019**

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