

I'm So Low

拍数: 48 墙数: 2 级数: High Intermediate
编舞者: Guillaume Richard (FR) - March 2019
音乐: Low - Carrie Underwood



Intro : 12 counts

[1-6] : ¼ Diamond – Step Back – Hook – Slow Kick

1-2-3 Cross LF over RF – Step RF to R – 1/8 turn L stepping L backward
4-5-6 Step RF backward – Hook LF in front of R leg – Slow kick L forward

[7-12] : 1/8 turn Twinkle – Cross – Point – ¾ Spiral Turn

1-2-3 Step LF forward – 1/8 turn L stepping RF to R – Recover on LF
4-5-6 Cross RF over LF – Point LF to L – Unwind ¾ turn L (keep weight on RF)

[13-18] : L Twinkle – Syncopated Weave

1-2-3 Cross LF over RF – Step RF to R – Recover on LF
4&5-6 Cross RF over LF – Step LF to L – Cross RF behind LF – Step LF to L

[19-24] : Cross Rock ¼ turn Step – Step – Spiral Turn – Step

1-2-3 Cross RF over LF – Recover on L – ¼ turn R stepping RF forward
4-5-6 Step LF forward – Make a full turn R (keep weight on L) – Step LF forward

[25-30] : Rock ½ turn Step – Rock Step Replace

1-2-3 Step LF forward – Recover on R – ½ turn L stepping L forward
4-5-6 Step RF forward – Recover on LF – Step RF next to LF

[31-36] : Rock ¼ turn Step Back – ½ Rock Step Back

1-2-3 Step LF to L – Make ¼ turn L as you recover on R – Step LF backward
4-5-6 Make ½ turn R stepping RF forward – Recover on LF – Step RF backward

[37-42] : ½ Turn Step – ¼ turn Point – Hold – ¼ turn Step – Step ¼ turn Step

1-2-3 ½ turn L stepping LF forward – ¼ turn L as you point RF to R – Hold
4-5-6 ¼ turn R stepping RF forward – Step LF forward – ¼ turn R stepping on RF

[43-48] : Weave – ¼ turn Step – ½ turn Point – Touch

1-2-3 Cross LF over RF – Step RF to R – Cross LF behind RF
4-5-6- ¼ turn R stepping RF forward – ½ turn R as you point LF to L – Touch LF next to RF

RESTART :

During wall 2, dance the first 21 counts and change counts 22 to 24 before Restart from the top of the dance with :

4-5-6 Step LF forward – ¾ turn R Spiral (keep weight on L) – Step RF to R