

To Get Low

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Silvia Schill (DE) - September 2017
音乐: Get Low - Zedd & Liam Payne



The dance begins with the vocals

Out out in in 1/4 turn l (V-Steps mit jump), out out in in (V-Steps mit Jump), triple forward r+l

1& RF step right diagonally forward (Jump), small step with LF to the left side
2& RF step back to starting position, ¼ turn left around and LF beside RF
3& RF step right diagonally forward (Jump), small step with LF to the left side
4& RF Step back to starting position, LF beside RF
5&6 RF step forward, pull LF beside RF, RF step forward (swinging hips)
7&8 LF step forward, pull RF beside LF, LF step forward (swinging hips)

Mambo r, sailor turn 1/4 l, 2x paddle 1/4 l, scissor step r

1&2 RF step forward, weight back on LF, RF beside LF
3&4 Cross LF behind RF, doing ¼ turn left around, with RF to the right, LF step forward
5&6 Touch 2x right toe in front, ¼ turn left on both bales, weight stays on left side
7&8 RF step to right, LF beside RF, cross RF before LF

Scissor step l+r, step turn 1/2 r, step l, skate r+l

1&2 LF step left, RF beside LF, cross LF in front of RF
3&4 RF step right, LF beside RF, cross RF in front of LF
5&6 LF step forward and ½ turn right around, LF step forward
7-8 2 Steps forward diagonally (first right, then left), turning the heels inwards

Triple forward r, step turn 1/4 r, cross l, side mambo r, side touch (drag l), touch

1&2 RF step forward, LF beside RF, RF step forward
3&4 LF step forward and ¼ turn right around, cross LF in front of RF
5&6 RF step right, weight back on LF, RF beside LF
7-8 LF long step to left, touch RF next to LF

Repeat until the end

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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