

# Low

拍数: 64      墙数: 2      级数: Phrased Intermediate / Advanced  
编舞者: Mary Bee Friedrich (DE) - April 2023  
音乐: Low (Edit) - Lenny Kravitz



**\*\* 2nd Place - Choreographie Intermediate-Advance Level Dutch Dance Explosion 2023 \*\***

Intro: 8 Count/ at 4 sec.- start dancing with weight on L  
Tag: 24 Count / Wall 9  
Sequence: A A B B A A B B Tag A B B B  
Note: RF > right foot | LF > left foot | fwd. > forward | bwd.> backward

## PART A

### Section 1 [1 – 8] R Step- L Hitch- L Step, R Anchor Step, L Back, R ¼ Turn, L Point, Snap 12:00

1 - 2            RF step fwd., LF hitch up 12:00  
3 & 4           LF step fwd. , RF cross behind LF, LF recover on weight 12:00  
5 - 6            RF recover on weight, LF step back 12:00  
7 & 8            RF ¼ turn to right, + LF point to left- Snap fingers/ both hands down - 03:00

### Section 2 [9 - 16] L ¼ Turn, R Step, L ½ Turn, R Shuffle, L Drag, R Ball, L Cross

1 - 2            LF ¼ turn to left, RF step fwd., 12:00  
3 -              LF ½ turn to left, 06:00  
4 & 5            RF step fwd., LF close to RF, RF step fwd. 06:00  
6 - 7            LF drag to left side over 2 counts,  
&8              RF ball step closing to LF(scissor), LF crossover RF - 06:00

### Section 3 [17 - 24] Side-Touch R/L, R Step, L ½ Turn, R Step, L ¼ Turn

1 - 2            RF step to right side, LF touch to RF 06:00  
3 - 4            LF step to left side, RF touch to LF 06:00  
5 - 6            RF step fwd. (06:00), LF ½ turn to left 12:00  
7 - 8            RF step fwd. (12:00), LF ¼ turn to left 09:00

### Section 4 [25 - 32] Step- Point R/L, Jazz R ¼ Turn Box

1 - 2            RF step fwd., LF point to left, 09:00  
3 - 4            LF step fwd., RF point to right, 09:00  
5 - 6            RF step fwd. (09:00), LF ¼ back turn to right 12:00  
7 - 8            RF step to right side, LF close to RF 12:00

## PART B

### Section 1 [1 – 8] R Step-L Hitch- L Step, R Anchor Step, L Back, R ¼ Turn, L Tap Toe, Snap 12:00

1 – 2            RF step fwd., LF hitch up 12:00  
3 -              LF step fwd., 12:00  
4 & 5            RF cross behind LF, LF recover on weight, RF recover on weight 12:00  
6 – 7            LF step back, RF ¼ turn to right,  
&8              LF tap toe to left, Snap fingers/ both hands down - 03:00

### Section 2 [9 – 16] L ¼ Turn, R Shuffle, L Rock forward, L Side Rock, L Behind, R Side

1                LF ¼ turn to the left.  
2 & 3            RF step fwd., LF close to RF, RF step fwd., 12:00  
4 – 5            LF rock fwd., RF recover on weight, 12:00  
6 – 7            LF rock to left side, RF recover on weight 12:00  
8 &              LF cross behind RF, RF ball step to right 12:00

**Section 3 [17 – 24] L Crossover, R Side, Back Rock, Side, Behind, L Touch, L ¼ Turn Shuffle**

- 1 – 2 LF crossover RF, RF step to right side, 12:00
- 3 & 4 LF rock back behind RF, RF recover on weight, LF step to left side 12:00
- 5 – 6 RF cross behind LF, LF touch to RF 12:00
- 7 & 8 LF ¼ turn to left (09:00), RF close to LF, LF step fwd., 09:00

**Section 4 [25 – 32] R Step, L ¼ Turn, Cross, Mambo, R Step, L Step, R Recover, L Close**

- 1 & 2 RF step fwd. (09:00), LF ¼ turn to left (06:00), RF crossover LF 06:00
- 3 & 4 LF rock to left, RF step to right, LF step fwd. 06:00
- 5 - 6 RF step fwd., LF step fwd., 06:00
- 7 – 8 RF recover on weight, LF close to RF 06:00

Finish the Dance with a look over your left shoulder after you finish the last B Part.

**TAG > Wall 9**

**Section 1 [1 – 8] Full Diamond (Fallaway) 12:00**

- 1&2 RF step to right side (12:00), LF cross behind RF (04:30), RF step back (04:30) 10:30
- 3&4 LF ¼ turn to left (09:00), RF crossover LF (07:30), LF step fwd. 07:30
- 5&6 RF ¼ turn to right (06:00), LF cross behind RF (04:30), RF step back 04:30
- 7&8 LF ¼ turn to left (09:00), RF crossover LF, LF 1/8 turn step fwd. 12:00

**Section 2 [9 – 16] Side Touch R/L, Step ½ Turn L, R Step, Hold**

- 1 - 2 RF step to right side, LF touch to RF 12:00
- 3 – 4 LF step to left side, RF Touch to LF 12:00
- 5 – 6 RF step fwd. (12:00), LF ½ turn left (06:00), 06:00
- 6 – 8 RF step fwd., RF hold on count 06:00

**Section 3 [17 – 24] Side Touch L/R, Step ½ Turn R, L Step, R Touch**

- 1 – 2 LF step to left side, RF touch to LF 06:00
- 3 – 4 RF step to right side, LF touch to RF 06:00
- 5 – 6 LF step fwd. (06:00), RF ½ turn to right (12:00) 12:00
- 7 – 8 LF step fwd., RF touch to LF 12:00

**Have fun to dance**

**Feel free for creating a nice dance video for this great West Coast Swing Choreo**

**Try as a couple WCS ... it works easy ...**

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