

Low Low

拍数: 32 墙数: 4 级数: Beginner
编舞者: Mama G (MY) - September 2024
音乐: Low (feat. T-Pain) - Flo Rida



Intro: 32 counts - No restarts, no tags

PART 1: VINE RIGHT, TOUCH, VINE LEFT, TOUCH

1-2 Step RF to right side, cross LF behind RF
3-4 Step RF to right side, touch LF next to RF
5-6 Step LF to left side, cross RF behind LF
7-8 Step LF to left side, touch RF next to LF

PART 2: STEP FORWARD PIVOT ½ TURN LEFT, STEP FORWARD PIVOT ¼ TURN LEFT, V-STEP OUT-OUT IN-IN

1-2 Step forward RF, ½ turn to the left
3-4 Step forward RF, ¼ turn to the left (weight on LF)
5-6 Step RF out on right diagonal, step LF out on left diagonal
7-8 Step RF back to center, step LF next to RF.

PART 3: ¼ RIGHT JAZZ BOX, RIGHT HEEL TOGETHER, LEFT HEEL TOGETHER

1-2 Cross RF over LF, step back on LF ¼ turn right
3-4 Step RF to right side, step LF forward
5-6 Tap right heel forward, step back RF next to LF
7-8 Tap left heel forward, step back LF next to RF

PART 4: RIGHT ROCK RECOVER, ¼ LEFT STEP TURNS 3 TIMES

1-2 Step RF to right side, recover weight on LF
3-4 Step RF forward, ¼ turn left (change weight to LF)
5-6 Step RF forward, ¼ turn left (change weight to LF)
7-8 Step RF forward, ¼ turn left (change weight to LF)

Enjoy and happy dancing!

Last Update: 21 Sep 2024
