

# Get Low

拍数: 40      墙数: 4      级数: Improver  
编舞者: Marvin Ramey (USA) & Joel Hoffman (USA) - October 2024  
音乐: Get Low - Dillon Francis & DJ Snake



## Intro: 16 counts

### (1-8) Kick and points with right and left foot; step and points with right and left foot

1&2      Kick with right (1), step forward on right (&), point left to side (2)  
3&4      Kick with left (3), step forward on left (&), point right to side (4)  
5,6      Cross right over left, point to side with left  
7,8      Cross left over right, point to the side with right.

### (9-16) Slides to right and left with arms extended; point left, right, left step forward right

1,2&      Slide to right side (extending right arm up and at a diagonal and left arm down and at a diagonal), step left next to right (2), step right next to left (&)  
3,4      Slide to left side (extending left arm up and at a diagonal and right arm down and at a diagonal), recover to right  
5&      Point left to side, step left next to right  
6&      Point right to side, step right next to left  
7&8      Point left to side, step left next to right, step forward on right.

### (17-24) Rock back and forward; twist; left knee up

1-4      (Left is slightly behind right) Lean back on left heel, lean forward on right heel; repeat  
5&6&      Twist to right, recover; repeat  
7&8      Lift left knee up, bringing heel in, out, in.

### (25-32) Heel jacks; ¼ turn left; Kat Daddy

&1&2      Step left (&), cross right over left (1), step left (&), heel with right (2),  
&3&4      Step on right (&), cross left over right (3), step right (&) heel with left (4),  
&5,6      Step left next to right (&), cross over with right (5), pivot ¼ turn to left (6)  
7-8.      Bend knees (get low) and roll arms forward; repeat (7,8).

Counts 7, 8 is called Kat Daddy

### (33-40) 3 Step taps; triple step

1-6      Step back with right, tap left next to right; step back with left, tap right next to left; step back with right, tap left next to right  
7&8      Step in place left, right, left.

Special thanks to Jean McAfee and Sue Krause for step sheet creation and edits.

Questions, comments: [joel@bakersfieldlinedancing.com](mailto:joel@bakersfieldlinedancing.com)