

Dip It Low

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Colin Ghys (BEL) - October 2024
音乐: Dip It Low - Ofenbach & Fabich



Intro: 40 Counts, Start at approx 19 secs

SEC 1 Side Rock, 1/8 Weave, Cross, 1/8 Back, 3/8 Shuffle

1-2 Rock right to right, recover weight onto left
3&4 Step right behind left, step left to left, turn 1/8 left step right forward (10:30)
5-6 Cross left over right, turn 1/8 left step right back (9:00)

Arms Roll hands forward in a circular motion

7&8 Turn 1/4 left step left forward, step right beside left, turn 1/8 left step left forward (4:30)

SEC 2 Step, Lock, Full Unwind, Rock, 1/2 Step, 1/8 Side, Side Pony, Side Pony

&1-2 Step right forward, lock left behind right, unwind full left keeping weight on left (4:30)
3-4 Rock right forward, recover weight onto left
5-6 Turn 1/2 right step right forward, turn 1/8 right step left to left (12:00)
7& Step right behind left hitching left knee, step left to left
8& Step right behind left hitching left knee, step left to left

Shoulders shots on count 7 and on count 8

SEC 3 Cross, Back, 1/4 Shuffle, Full Turn, 1/4 Side Rock Cross

1-2 Cross right over left, step left back
3&4 Step right to right, step left beside right, turn 1/4 right step right forward (3:00)
5-6 Turn 1/2 right step left back, turn 1/2 right step right forward (3:00)
7&8 Turn 1/4 right rock left to left, recover weight onto right, cross left over right (6:00)

SEC 4 Point Switches, Point Hitch Point, Syncopated Jazzbox Cross Shuffle

1&2& Point right to right, step right beside left, point left to left, step left beside right
3&4 Point right to right, hitch right knee, point right to right
5-6& Cross right over left, step left back, step right to right
7&8 Cross left over right, step right beside left, cross left over right

Tag At the end of Wall 4

Side Rock, Weave, Side Rock, Weave

1-2 Rock right to right, recover weight onto left
3&4 Step right behind left, step left to left, cross right over left
5-6 Rock left to left, recover weight onto right
7&8 Step left behind right, step right to right, cross left over right

Ending At the end of the dance to be facing 12:00

Section 4 Change the last cross shuffle into a cross (7) ball (&) cross (8) 1/2 unwind to the right (&)

Enjoy! (dance style : Funky)

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