

Low Low

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Rizz Choi (KOR) - January 2025
音乐: Low (feat. T-Pain) - Flo Rida



intro)

part 1: 16c

part 2: 16c intro dance

(1-8) circle to Right- RF flick

(9-16) circle to Left- LF touch

S1) SIDE ROCK-RECOVER-TOGETHER [R, L], BACK ROCK& HITCH - RECOVER, HITCH- SIDE KICK-STEP, TOGETHER

1&2 •••• RF side rock to right, LF recover, RF next to LF
3&4 •••• LF side rock to left, RF recover, LF next to RF
5 6 •••• RF backward step while LF knee hitch up, LF step in place(weight on)
7&8 •••• RF knee hitch and kick side to right, RF ball step beside of LF, LF next to RF

S2) SIDE-TOGETHER [R, L], CROSS TOUCH, SIDE TOUCH, SAILOR STEP, FORWARD STEP

1 2 •••• RF side to right, LF next to RF with arms fold in the direction of progression
3 4 •••• LF side to left, RF next to LF with arms fold in the direction of progression
5 6 •••• RF touch to cross over LF, RF touch side to right
7&8 •••• RF behind of LF, LF next to RF, RF side to right
& •••• LF step(preliminary step)

S3) SWAY (R-L-R-L), SIDE, R $\frac{3}{4}$ UNWIND TURN, TOE SPLITS 2TIMES

1 2 •••• RF out to side swaying right, LF sway left weight on to left in place while swipe body from bottom to top with hands
3 4 •••• swaying (weight on right-left) while swipe body from bottom to top with hands
5 &6 •••• RF step in place, LF kick cross over RF, R $\frac{3}{4}$ turn to right (9:00),
7& •••• RF-LF open both toes out, close toe together
8& •••• RF-LF open both toes out, close toe together

S4) KICK BALL SIDE POINT [R, L], BODY ROLL WITH ARMS ACTION

1&2 •••• RF fwd kick-step ball, RF flat& LF point side to left
3&4 •••• LF fwd kick-step ball, LF flat& RF point side to right
5 6 •••• RF step with body rolling while lower hands from around chest
7 8 •••• body rolling while lower hands from around waist(end of performance LF weight on)

Last Update: 2 Jan 2025