

Dip It Low

拍数: 64 墙数: 2 级数: Phrased Intermediate
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音乐: Dip It Low - Christina Milian



Sequence: ABA, ABA, BB

SECTION A

Verse

CROSS, BACK, SIDE, CROSS, TOUCH, FLICK, HEEL JACK, REPLACE, STEP, TOUCH, LEFT COASTER

1-2& Cross right over left, step back left, step right side right
3&4 Cross left over right, touch right to side, flick right in front
&5&6 Right step back, tap left heel forward, step left beside right, step right forward
7&8& Touch left beside right, left coaster step

STEP, PIVOT ¼ LEFT, ROCK, RECOVER, ¼ RIGHT, ¼ RIGHT, CROSS, ¼ LEFT, VAUDEVILLE

1-2 Step right forward, pivot ¼ left keeping weight on right (9:00)
3&4& Rock left behind right, recover, ¼ right step left back (12:00), ¼ right step right to side (3:00)
5-6 Cross left over right, ¼ left step right back (12:00)
7&8& Step left side left, cross right over left, step left side left, tap right heel to right diagonal

PRESS, TOUCH, RECOVER, LIFT, PRESS, TOUCH, ¼ LEFT, DOROTHY, STEP, ½ RIGHT, TOUCH, STEP

1&2& Lower ball of right, touch left behind right heel, step left back, lift right toes
3&4 Lower ball of right, touch left beside right heel, ¼ left step left forward (9:00)
5-6& Step right to right diagonal, lock left behind right heel, step right to right diagonal
7&8 Step left forward, ½ right tap right toe in front (3:00), step right forward

STEP, ½ LEFT, ½ LEFT, STEP, TOUCH, STEP, RONDE', SAILOR ½ RIGHT, STEP, PIVOT ½ RIGHT, ¼ RIGHT

1-2& Step left forward, ½ left step right back (9:00), ½ left step left forward (3:00)
3&4& Step right forward, tap left toe behind right, step left back, sweep right toe from front to back
5&6 Right sailor ½ right (9:00)
7&8 Step left forward, pivot ½ right (3:00), ¼ right step left to side (6:00)

SECTION B

Chorus

DIP, RISE, ROLL HIPS ¼ LEFT, HIP BUMP, HOLD, HITCH

1&2 Step right back, bend both knees, drop slightly lower ("dip it low")
Both hands palm facing down left forward and right to side, pushing down
3&4 Pop shoulders right-left-right as you straighten up ("pick it up slow")
5&6 Touch right forward, roll hips twice making ¼ left (3:00) ("roll it all around")
7-8 Hip bump right, hold ("poke it out")
& Hitch left ("broke")

¼ LEFT, HIP POPS, TOUCH, CHUGS

1&2& Hold, ¼ left bump left hip (12:00), hold, bump right hip ("pop, pop")
3&4 Bump hips left-right-left touching right beside left on final bump left ("pop that thing")
5& Make ¼ turn right stepping on right, step ball of left behind right (3:00)
6& Make ¼ turn right stepping on right, step ball of left behind right (6:00)
7& Make ¼ turn right stepping on right, step ball of left behind right (9:00)
8& Make ¼ turn right stepping on right, step left slightly forward (12:00)

