

Getting Low

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4
編舞者: Barbara Seelt (NL) - May 2015
音樂: Low (feat. T-Pain) - Flo Rida

級數: Non-Country Novice



[1-8] SCUFF, OUT, OUT, ARM, ARM, FORWARD, ½ TURN L, ARM TO SIDE, ½ TURN R, ARM TO SIDE, JUMP

- 1&2 Scuff LF, step LF behind, step RF forward
3&4 R arm up in front of chest folded over, L arm up in front of chest folded over (extended of R arm), outstretch both arms straight forward with hands touching
5, 6, 7 Bring L arm to L – R hand slide down L arm towards shoulder – while turning ½ L, bring L arm back to front while sliding R arm back up to L hand and start to turn ½ turn R, bring R arm to R – L hand slide down R arm towards shoulder – while finishing ½ turn, step LF next to RF
8 Jump (facing 12:00)

[9-16] HEELGRIND 2X, ROCK, RECOVER, STEP BACK, ¼ TURN L, SLIDE

- 1, 2& Heel grind R forward, recover weight on LF, step RF next to LF
3, 4& Heel grind L forward, recover weight on RF, step LF next to RF
5&6 Rock RF forward, recover weight on LF, step RF behind
7, 8 ¼ turn L while making a big step to L with LF, drag RF to LF (facing 09:00)

[17-24] CROSSROCK 2X, ¼ JAZZBOX R

- 1&2 Crossrock RF over LF, recover weight on LF, step RF to R
3&4 Crossrock LF over RF, recover weight on RF, step LF to L
5, 6 Cross RF over LF, turn ¼ R step LF behind
7, 8 Step RF to R, step LF forward (facing 12:00)

[25-32] SWIVEL STEP 2X, ½ PIVOT TURN L, ¾ TURN L, KNEE POP

- 1, 2 Step RF forward while both feet facing to R diagonal, step LF forward while both feet facing L diagonal
3, 4 Step RF forward, ½ turn L
5, 6 ¾ turn L on LF, drag RF behind LF
&7&8 Step RF next to LF, step LF to L, pop both knees (lift both heels), drop both heels

Contact: barbaraseelt@gmail.com