

The Lowdown

拍數: 60 牆數: 4 級數: Improver
編舞者: Hayley Wheatley (UK) - August 2017
音樂: Your Man - Josh Turner : (iTunes & amazon)



Count In: 36 Counts on the word "lights"

**** Dedicated to My Ava Rose who handpicked this 'favourite song' for me to choreograph to! ****

S1: SIDE STEP, TOGETHER, STEP BACK, ROCK BACK, RECOVER, SHUFFLE, STEP FORWARD

1-2-3 Step RF to R side, Close LF beside RF, Step back on RF 12:00
4-5 Rock back onto LF, Recover onto RF 12:00
6&7 Step Fwd onto LF, Close RF beside LF, Step fwd onto LF 12:00
8 Step fwd onto RF 12:00

S2: ROCK ¼ TURN, RECOVER, CROSS, SWEEP, CROSS, SWEEP, CROSS SHUFFLE

1-2 Rock out onto LF making ¼ turn R, Recover onto RF 3:00
3-4 Cross LF over RF, Sweep RF around back to front 3:00
5-6 Cross RF over LF, Sweep LF around back to front 3:00
7&8 Cross LF over RF, Step RF to R side, Cross LF over RF 3:00

S3: SIDE STEP, TOUCH, SHUFFLE ¼ TURN, SIDE STEP ¼ TURN, TOUCH, CHASSE

1-2 Step RF to R side, Touch LF beside RF 3:00
3&4 Step LF to L side making ¼ turn L, Close RF beside LF Step fwd on LF 12:00
5-6 Step RF to R side making ¼ turn L, Touch L toe beside RF 9:00
7&8 Step LF to L side, Close RF beside LF, Step LF to L side 9:00

S4: JAZZ BOX, ROCKING CHAIR

1-2 Cross RF over LF, Step back on LF 9:00
3-4 Step RF to R side, Step LF slightly fwd 9:00
5-6 Rock fwd onto RF, Recover onto LF 9:00
7-8 Rock back onto RF, Recover onto LF 9:00

S5: STEP FWD, PIVOT ½ TURN, SHUFFLE, HEEL, TOE, STEP, TAP BEHIND

1-2 Step fwd onto RF, Pivot ½ turn L 3:00
3&4 Step Fwd onto RF, Step LF beside RF, Step fwd on RF 3:00
5-6 Tap L Heel fwd, Tap L toe back 3:00
7-8 Step fwd onto LF, Tap R toe behind L Heel 3:00

S6: STEP BACK, SWEEP, STEP BACK, SWEEP, STEP BEHIND, STEP SIDE, CROSS SHUFFLE

1-2 Step back onto RF, Sweep LF front to back 3:00
3-4 Step back onto LF, Sweep RF front to back 3:00
5-6 Cross RF behind LF, Step LF to L side 3:00
7&8 Cross RF over LF, Step LF to L side, Cross RF over LF 3:00

S7: SIDE ROCK, RECOVER, HEEL GRIND, JAZZ BOX WITH FLICK

1-2 Rock LF to L side, Recover onto RF 3:00
&3-4 Step LF beside RF, Tap R Heel fwd, Grind R Heel to R taking weight onto RF 3:00
5-6 Cross LF over RF, Step back onto RF 3:00
7-8 Step LF to L side, Flick RF behind 3:00

S8: SWAY X4

1-2 Stepping weight onto RF while swaying hips to R, Sway hips to L 3:00

3-4 Sway hips to R, Sway hips to L (Finishing with weight on LF) 3:00

Start Again!

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