

Lights Down Low

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - September 2018
音樂: Lights Down Low (Latin Urban Mix) - MAX, TINI & Daneon



#16 count intro (come in before the vocals), approx. 10 secs into song – 3mins 23secs – 98bpm
Music Available: Amazon

[1-8&] R fwd, L fwd mambo, R coaster cross, L side rock/recover, L cross behind, R side, cross L over R, R side

1-2&3 Step R forward, rock L forward, recover weight on R, step L back
4&5 Step R back, step L together, cross step R over L
6&7& Rock L side, recover weight on R, cross step L behind R, step R side
8& Cross step L over R, step R to right side

[9-17] Turn 1/8 R & L fwd pivot 3/8 R, L cross shuffle, 1/2 L spiral, L chassé, R cross rock/recover, R side

1-2 Turning 1/8 right step L forward, pivot 3/8 right (6 o'clock)
3&4 Cross step L over R, step R to right side, cross step L over R
5 Step R to right side hooking L over R & unwinding 1/2 left (weight remains on R) (12 o'clock)
6&7 Step L side, step R together, step L side
8&1 Cross rock R over L, recover weight on L, step R side

[18-24&] L samba, R fwd, 1/2 L pivot turn, R & L Dorothy (Wizard) steps

2&3 Cross step L over R, rock R side, recover weight on L
4& Step R forward, pivot 1/2 left (6 o'clock)
5-6& Step R forward, lock L behind R, step R slightly forward
7-8& Step L forward, lock R behind L, step L slightly forward

[25-32&] R fwd, L fwd with hip bumps, R fwd chase turn, L fwd with hip bumps, run fwd R/L

1-2&3 Step R forward, step L forward pushing L hip forward, bump R hip back, bump L hip forward
4&5 Step R forward, pivot 1/2 left, step R forward (12 o'clock)
6&7 Step L forward pushing L hip forward, bump R hip back, bump L hip forward
8& Step R forward, step L forward

WALL 5 RESTART: During wall 5 which starts facing front wall dance first 32& counts and begin dance again facing front wall.

[33-41] R fwd sweeping L to front, L cross-R side-L behind, sweep R behind L turning 1/4 L, L side, cross R over L, 1/4 L & L fwd, R side, cross L behind R, sweep R behind L turning 1/4 L, L side, cross R over L

1-2&3 Step R forward sweeping L back to front, cross step L over R, step R side, step L behind R
4&5 Sweep R behind L as you turn 1/4 left, step L side, cross step R over L (9 o'clock)
6&7 Turning 1/4 left step L forward, step R side, cross step L behind R (6 o'clock)
8&1 Sweep R behind L as you turn 1/4 left, step L to L side, cross step R over L (3 o'clock)

Teaching aid: The turns on the above counts 33 - 41 come on 4, 6 & 8

[42-48&] L leading box step, 1/4 L toaster, R fwd, 1/2 L pivot

2&3 Step L side, step R together, step L forward
4&5 Step R side, step L together, step R back
6&7 Turning 1/4 left step L back, step R together, step L forward (12 o'clock)
8& Step R forward, pivot 1/2 left (6 o'clock)

Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P

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