I'm So Low



拍數: 48 牆數: 2 級數: High Intermediate

編舞者: Guillaume Richard (FR) - March 2019

音樂: Low - Carrie Underwood



Intro: 12 counts

1-2-3	Cross LF over RF – Step RF to R – 1/8 turn L stepping L backward
4-5-6	Step RF bacward – Hook LF in front of R leg – Slow kick L forward

[7-12]: 1/8 turn Twinkle - Cross - Point - 3/4 Spiral Turn

1-2-3 Step LF forward – 1/8 turn L stepping RF to R – Recover on LF

4-5-6 Cross RF over LF – Point LF to L – Unwind ¾ turn L (keep weight on RF)

[13-18]: L Twinkle - Syncopated Weave

1-2-3 Cross LF over RF – Step RF to R – Recover on LF

4&5-6 Cross RF over LF – Step LF to L – Cross RF behind LF – Step LF to L

[19-24]: Cross Rock 1/4 turn Step - Step - Spiral Turn - Step

1-2-3 Cross RF over LF – Recover on L – ¼ turn R steeping RF forward

4-5-6 Step LF forward – Make a full turn R (keep weight on L) – Step LF forward

[25-30]: Rock ½ turn Step – Rock Step Replace

1-2-3 Step LF forward – Recover on R – ½ turn L steeping L forward

4-5-6 Step RF forward – Recover on LF – Step RF next to LF

[31-36]: Rock ¼ turn Step Back – ½ Rock Step Back

1-2-3 Step LF to L – Make ¼ turn L as you recover on R – Step LF backward 4-5-6 Make ½ turn R stepping RF forward – Recover on LF – Step RF backward

[37-42]: ½ Turn Step – ¼ turn Point – Hold – ¼ turn Step – Step ¼ turn Step

1-2-3 ½ turn L stepping LF forward – ¼ turn L as you point RF to R – Hold

4-5-6 ½ turn R stepping RF forward – Step LF forward – ¼ turn R stepping on RF

[43-48]: Weave - 1/4 turn Step - 1/2 turn Point - Touch

1-2-3 Cross LF over RF – Step RF to R – Cross LF behind RF

4-5-6- ½ turn R stepping RF forward – ½ turn R as you point LF to L – Touch LF next to RF

RESTART:

During wall 2, dance the first 21 counts and change counts 22 to 24 before Restart from the top of the dance with :

4-5-6 Step LF forward – ¾ turn R Spiral (keep weight on L) – Step RF to R