

When You Go Low

拍數: 32 牆數: 4 級數: Improver
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音樂: Higher - Michael Bubl 



The Dance starts just after a few seconds on "You know you HAVE it.."

S1: Side rock, behind-side-cross, side rock, behind, 1/4 turn and step forward

1-2 Step right with right - recover weight back to left foot
3&4 Cross right foot behind left - side step with left foot - cross with right foot forward
5-6 Step left with left - recover weight back to right foot
7&8 Cross left foot behind right - 1/4 turn r and step forward right - step forward left (3:00)

S2: Heel-close-step, 1/2 step turn, full turn + 1/2 turn (l), lock-step back

1&2 Heel forward right - close to left foot - step forward left
3-4 Step forward right - 1/2 turn left around on both balls, weight at the end left (9:00)
5&6 Full turn left around - 1/2 turn left around (1 1/2 turn) - weight at the end right (3:00)
7&8 Step back left - lock right foot before left - step back left

S3: Coaster-step, walk (l-r), lock-step forward, 1/2 step turn

1&2 Step right back - step left to right - step right forward
3-4 Step left forward - step right forward
5&6 Step left forward - lock right behind left - step left forward
7-8 Step right forward - 1/2 turn left around on both balls, weight at the end left (9:00)

S4: Lock-step with 1/2 turn, 1/2 turn, Flick, rock across- side, 1/4 & 3/4 turn (r)

1&2 Step right foot forward with 1/4 turn (l) - 1/4 turn (l) and lock left foot before right - step back right (3:00)
3-4 1/2 turn (l) and step forward left - flick right foot (9:00)
5&6 Cross right foot over left - recover weight to left foot - step right to right with 1/4 turn (r) (12:00)
7&8 Step left foot forward - 3/4 turn (r) - step left foot left

Tag on wall 3 (9:00) and wall 7 (3:00) after 18 counts

Lock step (l)

1&2 Step left forward - lock right behind left - step left forward

Restart after the Tags - wall 3 (9:00) and wall 7 (3:00)

Restart on wall 11 (9:00) after 8 counts

Ending:

Dance till count 12 and add an additional step forward right after the step turn on the last beat