

How Low Can You Go

拍數: 32 牆數: 2 級數: Improver
編舞者: Pita Loppies (INA) & Kristin (INA) - May 2024
音樂: Limbo - Jason Derulo & Lay Bankz



Intro : 16 Count - 2 restarts

Section 1: Rock forward, Hitch, Coaster Cross, Side Mambo Cross (L&R)

1 2 Rock R forward (1), Hitch on R (2)
3 & 4 Step R back(3), Close L Together (&), Cross R over L(4)
5 & 6 Rock L side (5), Recover on R (&), Cross L over R (6)
7&8& Rock R side (7), Recover on L (&), Cross R over L (8), Step L side (&) [12.00]

Section 2 : Cross, Side, Cross, ½ Turn, Volta ½ turn, Side mambo RL

1 2& Cross R over L (1), ½ Turn L Step L forward (2)[6.00], Step R slightly Back
3&4 ¼ Turn L Step L forward (3), Step R Slightly Back(&), ¼ Turn L step L forward (4) [12.00]
5&6 Rock R Side (5), Recover on L(&), Step R next to L(6)
7&8 Rock L Side, Recover on R (&) Step L next to R (8)

Restart on wall 2 and 4 (after 16 count)

Section 3 : Rock recover, ¼ Turn, Coaster step, pivot ¼, Cross Rock

1 2 Rock R side (1), recover on L (2)
3&4 ¼ Turn R Step R Back (3), Close L Together (&), Step R forward (4) [3.00]
5 6 Step L forward (5), ¼ Turn R Weight on R (6)[6.00]
7&8 Cross Rock L over R (7) , Recover on R (&) Step L side (8)

Section 4 : Rock Recover, Hitch Anchor RL, V Step Heel

1 2 Rock R forward with Body Roll and Hitch (1), Recover On L (2)
3&4 Step R back (3), Rock L Forward (&), Recover On L (4)
5&6 Step L back (3), Rock R Forward (&), Recover on L (4)
7&8& Step R Heel Diagonally forward (7), step L Side (&), step R Home (8), Close L Together (&)
[6.00]

Happy dancing

Last Update: 6 May 2024