

Get Low

拍數: 40 牆數: 4 級數: Improver
編舞者: Marvin Ramey (USA) & Joel Hoffman (USA) - October 2024
音樂: Get Low - Dillon Francis & DJ Snake



Intro: 16 counts

(1-8) Kick and points with right and left foot; step and points with right and left foot

1&2 Kick with right (1), step forward on right (&), point left to side (2)
3&4 Kick with left (3), step forward on left (&), point right to side (4)
5,6 Cross right over left, point to side with left
7,8 Cross left over right, point to the side with right.

(9-16) Slides to right and left with arms extended; point left, right, left step forward right

1,2& Slide to right side (extending right arm up and at a diagonal and left arm down and at a diagonal), step left next to right (2), step right next to left (&)
3,4 Slide to left side (extending left arm up and at a diagonal and right arm down and at a diagonal), recover to right
5& Point left to side, step left next to right
6& Point right to side, step right next to left
7&8 Point left to side, step left next to right, step forward on right.

(17-24) Rock back and forward; twist; left knee up

1-4 (Left is slightly behind right) Lean back on left heel, lean forward on right heel; repeat
5&6& Twist to right, recover; repeat
7&8 Lift left knee up, bringing heel in, out, in.

(25-32) Heel jacks; ¼ turn left; Kat Daddy

&1&2 Step left (&), cross right over left (1), step left (&), heel with right (2),
&3&4 Step on right (&), cross left over right (3), step right (&) heel with left (4),
&5,6 Step left next to right (&), cross over with right (5), pivot ¼ turn to left (6)
7-8. Bend knees (get low) and roll arms forward; repeat (7,8).

Counts 7, 8 is called Kat Daddy

(33-40) 3 Step taps; triple step

1-6 Step back with right, tap left next to right; step back with left, tap right next to left; step back with right, tap left next to right
7&8 Step in place left, right, left.

Special thanks to Jean McAfee and Sue Krause for step sheet creation and edits.

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