

Low Low

拍數: 32 牆數: 4
編舞者: Rizz Choi (KOR) - January 2025
音樂: Low (feat. T-Pain) - Flo Rida

級數: High Beginner / Improver



intro)

part 1: 16c

part 2: 16c intro dance

(1-8) circle to Right- RF flick

(9-16) circle to Left- LF touch

S1) SIDE ROCK-RECOVER-TOGETHER [R, L], BACK ROCK& HITCH - RECOVER, HITCH- SIDE KICK-STEP, TOGETHER

1&2 RF side rock to right, LF recover, RF next to LF
3&4 LF side rock to left, RF recover, LF next to RF
5 6 RF backward step while LF knee hitch up, LF step in place(weight on)
7&8 RF knee hitch and kick side to right, RF ball step beside of LF, LF next to RF

S2) SIDE-TOUCH [R, L], CROSS TOUCH, SIDE TOUCH, SAILOR STEP

1 2 RF side to right, LF next to RF with arms fold in the direction of progression
3 4 LF side to left, RF next to LF with arms fold in the direction of progression
5 6 RF touch to cross over LF, RF touch side to right
7&8 RF behind of LF, LF next to RF, RF side to right

S3) SWAY (R-L-R-L), SIDE, R 1/2 TURN, TOE SPLITS 2TIMES

1 2 RF out to side swaying right, LF sway left weight on to left in place while swipe body from bottom to top with hands
3 4 swaying (weight on right-left) while swipe body from bottom to top with hands
5 &6 RF step 1/4 right, LF step cross over RF, R 1/2 turn to right (9:00),
7& RF-LF open both toes out, close toe together
8& RF-LF open both toes out, close toe together

S4) KICK BALL SIDE POINT [R, L], BODY ROLL WITH ARMS ACTION

1&2 RF fwd kick-step ball, RF flat& LF point side to left
3&4 LF fwd kick-step ball, LF flat& RF point side to right
5 6 RF step with body rolling while lower hands from around chest
7 8 body rolling while lower hands from around waist(end of performance LF weight on)

Last Update: 30 Jan 2025