

Lowrider

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Tom Mickers (NL)
音樂: Taking It Global - Big Brovaz



- 1 Right foot - step diagonally forward (hip lead)
- 2 Left foot - step to the left side (hip lead)
- 3 Right foot - step diagonally back (knees close together)
- 4 Left foot - step together (knees close together)
- 5 Right foot - step to the right side
- 6 Push weight back on left foot and $\frac{1}{2}$ turn to the right
- & Right foot - step back together
- 7 Left foot - step to the left side
- 8 Push left foot back together

- & Right foot - diagonally left back step
- 1 Left foot - step diagonally forward to the right
- 2 Right foot - small step to the right side
- 3&4 Repeat starting with left foot
- 5&6 Repeat starting with right foot
- 7&8 Repeat starting with left, count 8 with $\frac{1}{4}$ turn to the right

- 1 Push your weight from left to right during a big jump-step on right foot
- &- Left foot - small cross behind right foot
- 2 Replace weight on right foot
- 3 Push your weight from right to left during a big jump-step on left foot
- & Contract your body moving right foot closer to left foot
- 4 Contract body even more and finish right foot beside left foot (knees closed and slightly bend)
- 5-8 Repeat 1-4

- 1 Lift right knee in a round motion $\frac{1}{4}$ turn to the left forward
- 2 Right foot - dragging from front to back with a bend leg
- 3 Move upper body forward and in a round motion to the back
Only your upper body $\frac{1}{4}$ turn to the right, weight on bend right leg
- & Left foot - cross behind right foot, $\frac{1}{4}$ turn lower body (upper body stays in place)
- 4 Whole body $\frac{1}{4}$ turn to the right, right foot step forward
- 5 Left foot - step forward
- 6 Left knee up
- & Left foot beside right
- 7 Right foot - step forward
- & $\frac{1}{4}$ turn to the left
- 8 Left foot - step in place

REPEAT