

LOW

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Type : 32 count, 2 wall, Funky
 Level : Intermediate
 Music : "Low" by Flo Rida feat. T-Pain (BPM 127)

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STEP FORWARD, HEEL TOUCH, HITCH, STEP FORWARD, JUMP OUT, CROSS FEET, FULL TURN RIGHT

1 RF step forward
 2 LF left heel to left side
 3 LF bring knee up
 4 LF step forward
 5 jump both feet out
 6 jump crossing LF over RF
 7-8 RF make full turn right on counts 7-8

Arm movements counts 1-4

1 make fist and put arm to right side
 2 make same movement as left foot with left arm
 3 both arms up palms forward
 4 put both arms down

JUMP, LAND, HEAD DOWN, HEAD UP, SLIDE, CLOSE, STEP, SLIDE, STEP, TOUCH

1 LF jump with both feet
 & RF land with both feet out put head down
 2 LF head up
 3 RF slide to right side
 4 LF close next to RF
 5 RF step forward, go down on outside of lower left leg and slide forward
 6 RF step forward and stand up
 8 LF touch next to RF

Option: (for everyone)

¼ TURN, CHEST POPS, ¼ TURN, STEP FORWARD, TOUCH

5 RF ¼ turn left step to right side (9:00)
 & RF put chest out
 6 LF bring chest back
 7 RF ¼ turn right step forward (12:00)
 8 LF touch next to RF

STEP FORWARD, TOUCH, ½ TURN, STEP FORWARD, ½ TURN, STEP RIGHT, TWIST, TOUCH, 1/8 TURN LEFT TOUCH

1 LF step forward
 2 RF touch cross behind LF
 3 RF ½ turn right step forward
 4 LF ½ turn right step to left side
 5 RF step to right side
 & RF twist both feet left (LF on heel RF on toe)
 6 RF twist back to position
 7 RF touch cross over LF
 8 RF 1/8 turn left touch to right side

Arm movement count 2

Make fist with right arm and bring it up while touching RF behind LF

BODY ROLL 2X, DROP KNEE, STEP FORWARD, STEP FORWARD, CLOSE ½ TURN, STEP FORWARD

1 LF make body roll
 & LF close next to RF
 2 RF touch to right side
 3 LF make body roll bring weight on RF
 & LF close next to RF
 4 RF touch to right side
 5 bend and turn right knee in and lift left toe
 6 RF ½ turn right jump feet to close position
 7 LF step forward
 & RF ½ turn right close next to LF (6:00)
 8 LF step forward