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| Get Low |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Ami Carter (UK) - August 2017 | | | | |
| **Music:** | Low (feat. RuPaul) - Todrick Hall : (Album: Straight Outta Oz - Deluxe Edition) | | | | |
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**Intro: 16 counts from start of track**

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**Restart: Wall 11 after 16 counts**

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**[1 – 8] R KICK-BALL-TOUCH, HIP PUSH, L BALL-STEP, STEP, ¼ C-HIP BUMP**

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| 1&2 | Kick right foot forward, step right foot slightly back, touch left toe forward |

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| 3 4 | Bend both knees pushing hips back, recover returning hips to centre |

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| &5 6 | Step left foot next to right, walk forward right, left |

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| 7& | Make ¼ turn left touching right toe to side and bumping right hip, return hip to centre, step down onto right foot bumping right hip (9.00) |

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**[9 – 16] ¼ TURN, ½ TURN, L COASTER STEP, STOMP R OUT, STOMP L OUT, TWIST HEEL-TOE-HEEL**

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| 1 2 | Make ¼ turn left stepping forward on left foot, make ½ turn stepping back on right foot (12.00) |

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| 3&4 | Step left foot back, close right foot next to left, step left foot forward |

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| 5 6 | Stomp right foot out to right side, stomp left foot out to left side |

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| 7&8 | Twist right foot towards left – heel, toe, heel (weight remains on left foot) |

**Restart here on wall 11**

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**[17 – 24] R STEP, ½ TURNING L SAILOR-HEEL, HOLD, BALL-STEP, ½ TURN, ¼ BALL-CROSS, POINT**

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| 1 | Step right foot forward |

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| 2&3 | Make ¼ turn left stepping left foot behind right, make ¼ turn stepping right foot in place, touch left heel forward (6.00) |

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| 4 | Hold |

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| &5 6 | Step left foot next to right, step right foot forward, make ½ turn right stepping left foot back (12.00) |

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| --- | --- |
| &7 | Make ¼ turn right stepping right foot slightly to right side, cross left foot over right (3.00) |

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| 8 | Point right toe to right side |

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**[25 – 32] R SAILOR STEP, ¼ TURNING L SAILOR STEP, 2 x ¼ PADDLE TURNS, ¼ R LUNGE/HEEL TWIST, RECOVER/DRAG**

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| --- | --- |
| 1&2 | Cross right foot behind left, step left to left side, step right to right side |

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| --- | --- |
| 3&4 | Make ¼ turn left stepping left behind right, step right in place, step left foot slightly forward (12.00) |

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| --- | --- |
| 5 6 | Make ¼ turn left touching right toe to right side, make ¼ turn left touching right toe to right side (6.00) |

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| --- | --- |
| 7 8 | Make ¼ turn left stepping right foot to right side (bend right knee slightly, twist to left whilst lifting left toe), recover weight onto left foot dragging right foot towards left (3.00) |

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**START AGAIN**

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