|  |  |
| --- | --- |
| The Lowdown |  |

.

|  |
| --- |
| . |
| **Count:** | 60 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Hayley Wheatley (UK) - August 2017 |
| **Music:** | Your Man - Josh Turner : (iTunes & amazon) |
| . |

**Count In: 36 Counts on the word “lights”**

**\*\* Dedicated to My Ava Rose who handpicked this ‘favourite song’ for me to choreograph to! \*\***

**S1: SIDE STEP, TOGETHER, STEP BACK, ROCK BACK, RECOVER, SHUFFLE, STEP FORWARD**

|  |  |
| --- | --- |
| 1-2-3 | Step RF to R side, Close LF beside RF, Step back on RF 12:00 |

|  |  |
| --- | --- |
| 4-5 | Rock back onto LF, Recover onto RF 12:00 |

|  |  |
| --- | --- |
| 6&7 | Step Fwd onto LF, Close RF beside LF, Step fwd onto LF 12:00 |

|  |  |
| --- | --- |
| 8 | Step fwd onto RF 12:00 |

**S2: ROCK ¼ TURN, RECOVER, CROSS, SWEEP, CROSS, SWEEP, CROSS SHUFFLE**

|  |  |
| --- | --- |
| 1-2 | Rock out onto LF making ¼ turn R, Recover onto RF 3:00 |

|  |  |
| --- | --- |
| 3-4 | Cross LF over RF, Sweep RF around back to front 3:00 |

|  |  |
| --- | --- |
| 5-6 | Cross RF over LF, Sweep LF around back to front 3:00 |

|  |  |
| --- | --- |
| 7&8 | Cross LF over RF, Step RF to R side, Cross LF over RF 3:00 |

**S3: SIDE STEP, TOUCH, SHUFFLE ¼ TURN, SIDE STEP ¼ TURN , TOUCH, CHASSE**

|  |  |
| --- | --- |
| 1-2 | Step RF to R side, Touch LF beside RF 3:00 |

|  |  |
| --- | --- |
| 3&4 | Step LF to L side making ¼ turn L, Close RF beside LF Step fwd on LF 12:00 |

|  |  |
| --- | --- |
| 5-6 | Step RF to R side making ¼ turn L, Touch L toe beside RF 9:00 |

|  |  |
| --- | --- |
| 7&8 | Step LF to L side, Close RF beside LF, Step LF to L side 9:00 |

**S4: JAZZ BOX, ROCKING CHAIR**

|  |  |
| --- | --- |
| 1-2 | Cross RF over LF, Step back on LF 9:00 |

|  |  |
| --- | --- |
| 3-4 | Step RF to R side, Step LF slightly fwd 9:00 |

|  |  |
| --- | --- |
| 5-6 | Rock fwd onto RF, Recover onto LF 9:00 |

|  |  |
| --- | --- |
| 7-8 | Rock back onto RF, Recover onto LF 9:00 |

**S5: STEP FWD, PIVOT ½ TURN, SHUFFLE, HEEL, TOE, STEP, TAP BEHIND**

|  |  |
| --- | --- |
| 1-2 | Step fwd onto RF, Pivot ½ turn L 3:00 |

|  |  |
| --- | --- |
| 3&4 | Step Fwd onto RF, Step LF beside RF, Step fwd on RF 3:00 |

|  |  |
| --- | --- |
| 5-6 | Tap L Heel fwd, Tap L toe back 3:00 |

|  |  |
| --- | --- |
| 7-8 | Step fwd onto LF, Tap R toe behind L Heel 3:00 |

**S6: STEP BACK, SWEEP, STEP BACK, SWEEP, STEP BEHIND, STEP SIDE, CROSS SHUFFLE**

|  |  |
| --- | --- |
| 1-2 | Step back onto RF, Sweep LF front to back 3:00 |

|  |  |
| --- | --- |
| 3-4 | Step back onto LF, Sweep RF front to back 3:00 |

|  |  |
| --- | --- |
| 5-6 | Cross RF behind LF, Step LF to L side 3:00 |

|  |  |
| --- | --- |
| 7&8 | Cross RF over LF, Step LF to L side, Cross RF over LF 3:00 |

**S7: SIDE ROCK, RECOVER, HEEL GRIND, JAZZ BOX WITH FLICK**

|  |  |
| --- | --- |
| 1-2 | Rock LF to L side, Recover onto RF 3:00 |

|  |  |
| --- | --- |
| &3-4 | Step LF beside RF, Tap R Heel fwd, Grind R Heel to R taking weight onto RF 3:00 |

|  |  |
| --- | --- |
| 5-6 | Cross LF over RF, Step back onto RF 3:00 |

|  |  |
| --- | --- |
| 7-8 | Step LF to L side, Flick RF behind 3:00 |

**S8: SWAY X4**

|  |  |
| --- | --- |
| 1-2 | Stepping weight onto RF while swaying hips to R, Sway hips to L 3:00 |

|  |  |
| --- | --- |
| 3-4 | Sway hips to R, Sway hips to L (Finishing with weight on LF) 3:00 |

**Start Again!**

**Contact: 07807 081564 - hcwheatley@live.com - Find me on Facebook!**