Drop It Low

Count: 96

Wall: 1

Level: Phrased Easy Intermediate -Fitness version



Choreographer: Pooi Kuan (MY) - May 2016 Music: Drop It Low - Kat Deluna

Dance Start after 32 counts Sequence: Tag A, Tag B, Tag A, Tag B, A Tag Tag B, A (16 counts) Tag B, A, A (Sec 5 & 6 Only).

Tag (4 counts) Out, Out, Body Roll, Touch

1 2 3 4 Step RF Out, Step LF Out, Chest roll out & in , Touch RF beside LF

PART A (48 counts)

Section A1: Side Mambo R & L, Front Mambo R & L

- 1&2 Rock RF to R, Recover on LF, Step RF beside LF,
- 3&4 Rock LF to L, Recover on RF, Step LF beside RF,
- 5&6 Rock RF Forward, Recover on LF, Step RF Back
- 7&8 Rock LF Forward, Recover on RF, Step LF Back

Section A2: □Repeat A1

Section A3: Step Touch 4x

1234	Step RF to R, Touch LF behind RF, Step LF to L, Touch RF behind LF
5678	Step RF to R, Touch LF behind RF, Step LF to L, Touch RF behind LF

Section A4: Repeat A3

 Section A5: □Touch, Step Back

 1 2 3 4 5 6
 Touch RF slightly to Left (facing 11:00) – 6 times

 Clap hands on top (1)(3)(5), open hands to side (2)(4)(6),

 7 8
 Sweep RF from front to back (change facing direction to 1:00)

 Open both hands from top to side □□

Section A6: Touch, Step Back

1 2 3 4 5 6 Touch LF slightly to R (facing 1:00) – 6 times

Clap hands on top (1)(3)(5), open hands to side (2)(4)(6),

7 8 Sweep LF from front to back (change facing direction to 12:00)

Open both hands from top to side

PART B (48 counts)

Section B1: Hand Roll with Bend Knee, Body Up, Hands Open, Chest Pop, Cross Unwind

1 2 Right elbow in front of chest and roll right hand clock wise with a bit bend knee, Body Up

- 3 4 Open right hand to right, open left hand to left
- 5 6 Pop chest twice at the same both hands up down in front of chest
- 7 8 Cross RF over LF (or small jump cross over), unwind 1/2L turn

Section B2: Repeat Section B1

Section B3: Step Together Step Touch to Right Side 2x

- 1 2 3 4 Step RF to R, Hold/Hip Bump, Step LF together, Hold
- 5 6 7 8 Step RF to R, Hold/Hip Bump, Step LF together, Hold

Section B4: Step Together Step Touch to Left Side 2x

1 2 3 4 Step LF to L, Hold/Hip Bump, Step LF to F, Hold

5 6 7 8 Step LF to L, Hold/Hip Bump, Step LF to F, Hold

Section B5: Shoulder Pop

1234	Step RF to R at the same time Pop Shoulder to R,L,R,R
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5 6 7 8 Pop Shoulder to L,R,L,L and touch RF beside LF on count 8.

Section B6:
Repeat Section B5

Enjoy!

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