

Count: 64**Wall:** 4**Level:** Intermediate**Choreographer:** Nathan Gardiner (SCO) - August 2018**Music:** Low (feat. T-Pain) - Flo Rida**Intro: 32 counts****Sway R, L, R, Ball Side, Sailor Step, Unwind ½ R**

- 1-2 Step R to R side swaying hips to R side, Sway hips to L side
- 3&4 Sway hips to R side, Step L next to R, Step R to R side
- 5&6 Step L behind R, Step R to R side, Step L to L side
- 7-8 Touch R behind L, Unwind ½ R

Walk Forward L & R, L Lock Step, Jazz Box ¼ R Cross

- 1-2 Step forward on L, Step forward on R
- 3&4 Step forward on L, Lock R behind L, Step forward on L
- 5-6 Cross R over L, 1/8 R stepping back on L
- 7-8 1/8 stepping R to R side, Cross L over R

Side R, Rock Back, Recover, Side L, Rock Back, Recover, Toe Switches

- 1-2 Step R to R side, Rock back on L
- 3-4 Recover on R, Step L to L side
- 5-6 Rock back on R, Recover on L
- 7&8& Touch R toe to R side, Step R next to L, Touch L toe to L side, Step L next to R

Step Pivot ¼ L, Step Pivot ¼ L, Step Pivot 1/8 L, Step Pivot 1/8 L (Roll hips on Pivots)

- 1-2 Step forward on R, Pivot ¼ L rolling hips
- 3-4 Step forward on R, Pivot ¼ L rolling hips
- 5-6 Step forward on R, Pivot 1/8 L rolling hips
- 7-8 Step forward on R, Pivot 1/8 L rolling hips

Walk Forward R, L, R, L Lock Step, Cross, Side L, 1/8 R, Behind, 3/8 R

- 1-2-3 Step forward on R, Step forward on L, Step forward on R
- 4&5 Step forward on L, Lock R behind L, Step forward on L
- 6&7 Cross R over L, Step L to L side, 1/8 R stepping back on R
- 8& Step L behind R, 3/8 R stepping forward on R

L Lock Step, Scuff, Walk Back with Knee Pops, Rock Back, Recover

- 1-2 Step forward on L, Lock R behind L
- 3-4 Step forward on L, Scuff R
- 5-6 Step back on R popping L knee forward, Step back on L popping R knee forward
- 7-8 Rock back on R, Recover on L

Toe Switches, Step Forward, ¼ L with Heel Swivels, Step Back, Touch, Press R, Recover with Flick

- 1&2& Touch R to R side, Step R next to L, Touch L to L side, Step L next to R
- 3&4 Step forward on R, 1/8 L swivelling L heel to R side, 1/8 L swivelling R heel to R side
- 5-6 Step back on L (Option: Start body roll from top to bottom), Touch R next to L (finishing body roll)
- 7-8 Press R slightly to R side, Recover on L flicking R behind L

R Lock Step, L Lock Step, Step Forward, Rock Forward, Recover, Large Step Back with Heel Drag, Touch

- 1&2& Step forward on R, Lock L behind R, Step forward on R, Step forward on L
- 3&4 Lock R behind L, Step forward on L, Step forward on R

5-6 Rock forward on L, Recover on R
7-8 Large step back on L dragging R heel, Touch R next to L

Contact: nathan.gardiner1998@hotmail.co.uk
