

On The Low

Count: 32

Wall: 4

Level: Intermediate

Choreographer: M.T. Groove (UK) - May 2008

Music: Full Moon - Brandy : (NOT the remix version)



Start on vocals

BACK DRAG, BALL PRISSY WALK x4, ½ PIVOT, FULL TURN SPIN

- 1-2 Take big step back on R, Drag L into a touch next to R.
- &3-4 Step on ball of L, Prissy Walk forward R,L.
- 5-6 Prissy walk R,L.
- 7-8 Pivot ½ turn R, Spin a full turn R on R foot bringing L foot next to R – weight L (6.00)

OUT OUT, SIDE DRAG, BALL SIDE, ½ TURN WALK AROUND.

- 1-2 Step out R,L rolling knees out.
- 3-4 Step R to R side, Drag L upto R
- &5 Step on L, Step R to R side.
- 6-7-8 Walk in a semi circle ½ turn L walking L,R,L strut your stuff. (12.00)

ROCK RECOVER & ROCK RECOVER OUT OUT, PUSH BACK, SWAY SWAY.

- 1-2& R ock forward on R, Recover on L, Step R next to L.
- 3-4 R ock back on L, recover on R,
- &5-6 S tep out on L, Step out R, Bend knees slightly and push hips/ass back (give it a good hard push back like your closing a door with your ass)
- 7-8& Sway hips R (7) then L(8) making a figure of 8 shape. Take weight on R (&)

REPLACE KICK PRESS, RECOVER TOUCH, RAISE ½ TURN STEP, ¼ HEEL PIVOT & CROSS.

- 1-2 Step L next to R as you low kick R to R side(1) Press forward on R(2).
- 3&4 Recover L(3) Touch R behind L,(&), Raise up on toes making a reverse ½ turn R(4)
(leave head facing 12.00).
- 5-6 Turn head to 6.00 as you step down and forward on R, Touch L heel forward.
- 7&8 Pivot on L heel ¼ turn R taking weight on L(7), Step R to R side,(&) Cross L over R(8).

Start Over and Enjoy
