

Down Low

拍數: 64 牆數: 4 級數: Phrased Improver
編舞者: Paul Steinborn (DE) & Ben Murphy (DE) - November 2024
音樂: Down Low (feat. Keely Keyz) - TWINNS



Sequence: A-B-A-A-B-A-B

NO TAGS, NO RESTARTS

Intro: 2x8 Counts

Part A: 4x8 Counts

Section 1a: Side / Together / Side Rock / Recover / Cross Behind / 1/4 Turn L / Side / Behind - Side / Step Lock Step

- 1 2 RF step to the right side, LF close to RF (hands to the side, chest pumps over the counts 1 & 2)
- 3 & 4 & RF step to the right side, LF recover, RF cross behind LF, LF step forward with ¼ turn to the left (09:00), RF step to the right side
- 5 6 & RF step to the right side, LF cross behind RF, RF step to the right side
- 7 & 8 LF step forward, RF close behind RF, LF Step forward

Section 2a: Hitch / Big Step Backwards / Back / 1/4 Turn R with Step to R Side / 1/4 Turn R with Step forward / Out-Out / In-In / Jump Back

- 1 2 Hitch right knee, RF step back
- 3 & 4 LF step back, RF step to the right side with ¼ turn to the right (12:00), LF step forward with ¼ turn to the right (03:00)
- 5 6 & 7 Step RF out into R diagonal, step LF out into L diagonal, step RF back, step LF together and slightly bend knees
- 8 straighten legs, small skip backwards

Section 3a: Step diagonal forward / Close / Step diagonal forward / Touch (R + L) / Side/ Together / 2x Stomp / Hitch

- 1 & 2 & RF step to the right side into R diagonal, LF close to RF, RF step to the right side into R diagonal, tap LF next to RF
- 3 & 4 & LF step to the left side into L diagonal, RF close to LF, LF step to the left side into L diagonal, tap RF next to LF
- 5 6 RF step to the right side into R diagonal, LF close to RF
- & 7 8 RF stomp to the right side into R diagonal, RF extend stomp to the right side into R diagonal, LF closes to RF and hitch right knee

Section 4a: 3x Side - Close / 1/4 Turn R with Step forward / Together / Shufe 3/4 Turn R / Step Side

- 1 & 2 & 3 & 4 & RF step to the right side, LF close to RF, RF step to the right side, LF close to RF, RF step to the right side, LF close to RF, RF step to the right side, LF close to RF
- 5 & 6 & 7 8 Cross RF over LF, LF small step to the left side, Cross RF over LF, LF small step to the left side, Cross RF over LF, LF close to RF, do a full turn over the counts 5 & 6 & 7 8 (03:00)

Part B: 4x8 Counts

Section 1b: Side-Behind-Side-Touch / Press Step (L + R) / 1/4 Turn L with Step forward / Together / Step side

- 1 2 3 4 RF step to the right side, LF cross behind RF, RF step to the right side, Tap LF next to RF
- 5 6 LF step to the left side and roll knee out, RF recover and roll knee out
- 7 & 8 LF recover and roll knee out ¼ turn to the left (12:00), RF closes to LF, LF step to the left side

Section 2b: Jazz Box / 1/2 slow Paddle Turn L

1 2 3 4 Step RF across LF, Step LF back, Step RF to side turning, step LF forward
5 6 7 8 Step forward on RF, make an ¼ turn L on ball of LF, Step forward on RF, make an ¼ turn L on ball of LF (06:00)

Section 3b: Jazz Box / 1/2 Slow Paddle Turn L

1 2 3 4 Step RF across LF, Step LF back, Step RF to side turning, step LF forward
5 6 7 8 Step forward on RF, make an ¼ turn L on ball of LF, Step forward on RF, make an ¼ turn L on ball of LF (12:00)

Section 4b: Out-Out / 2x Shimmy / In-In / 2x Shimmy / Out - Out on Heels / In-In with 1/4 Turn R/ Out-Out on Heels / In-In with 1/4 Turn R

& 1 2 Step RF out into R diagonal, step LF out into L diagonal, hold on 2
& 3 4 Step RF back, step LF together, hold on 4
& 5 & 6 Step RF out into R diagonal, step LF out into L diagonal, Step RF back, step LF together, do a ¼ turn to the right over & 5 & 6 (03:00)
& 7 & 8 Step RF out into R diagonal, step LF out into L diagonal, Step RF back, step LF together, do a ¼ turn to the right over & 7 & 8 (06:00)
