

Low Low Low low

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Count: — **Wall:** 1 **Level:** Phrased Intermediate

Choreographer: Jo Ann Hilbish, Reston, VA

Music: Low by Flo Rida (feat. T-Pain)

PART A: (the Chorus): 32 counts, always done twice.

PART B: (the Verse): 16 counts, always done 4 times (makes a square).

Sequence: AA BBBB AA BBBB AA...then fades.

Intro is 32 counts. Begin dance on “apple-“.

PART A (the Chorus) always faces 12 o'clock

CROSS ROCK, SIDE ROCK, STEP ACROSS, BACK, BACK.

- 1& Rock R across front. Recover on L.
- 2& Rock R to right side. Recover on L.
- 3 Step R across front.
- 4& Step back L. Step R (next to left).

CROSS ROCK, SIDE ROCK, STEP ACROSS, BACK, BACK.

- 5& Rock L across front. Recover on R.
- 6& Rock L to left side. Recover on R.
- 7 Step L across front.
- 8& Step back R. Step L (next to right).

SIDE, (HOLD), & “3-4-5-6-7-8” (HIP BUMPS).

- 1,2 Step R out to side. Hold count 2.
- & Bring L next to right.
- 3 Step R out to side/ bump hips to right side.
- 4,5,6,7,8 Continue hip bumps 5 more counts in a CCW semi-circle, ending at left side. Weight ends on left.

TOUCH, SIDE, POINT, (HOLD). POINT, PUMP, PUMP, SAFE!

1,2,3 Touch R (next to left). Step R out to side. Bring fists out to sides: point index fingers DOWN (“floor!”).

4 Hold count 4.

5 (Arms still out at sides) Point index fingers DOWN.

6,7 Bring arms down in front of body with palms flat: “pump”(push) palms down. 2 times.

8 Palms still down, swing hands out to sides (low) just like an umpire says “safe”!

LOW, LOW, LOW, LOW (feet remain apart, hands palms down are still out at sides).

1,2,3,4 Sway hips R L R L (preferred styling: also bend your knees & go down Low, Low, Low, Low).

Continue LOW, LOW, LOW, LOW.

5,6,7,8 Sway hips R L R L (but be standing up by count 8!)

REPEAT ABOVE 32 COUNTS (PART A) WHICH WILL FINISH THE CHORUS.

PART B (the Verse)

SAILOR, SAILOR, STEP, ROLL, TURN, HITCH.

1&2 Sailor R.

3&4 Sailor L.

5 Step R to side.

6 Roll L knee CCW to left side, L heel raised, turning $\frac{1}{4}$ left. Weight is on right. (9 o'clock)

7 Step forward on L.

8 Hitch R while turning $\frac{1}{2}$ left. (3 o'clock)

CHASSE, SIDE STEP, TOUCH. CHASSE, SIDE STEP, TOUCH.

1&2, 3,4 Shuffle sideways R. Step (big) L to left side. Touch R next to left.

5&6, 7,8 Shuffle sideways R. Step (big) L to left side. Touch R next to left.

REPEAT ABOVE 16 COUNTS (PART B) 3 TIMES. THIS MAKES A SQUARE, ENDING FACING 12 O'CLOCK.

Begin again. Enjoy yourself!