

# The Lowdown

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**Count:** 60      **Wall:** 4      **Level:** Improver

**Choreographer:** Hayley Wheatley (UK) August 2017

**Music:** "Your Man" By Josh Turner - iTunes and amazon

## Count In: 36 Counts on the word "lights"

**\*\* Dedicated to My Ava Rose who handpicked this 'favourite song' for me to choreograph to! \*\***

### **S1: SIDE STEP, TOGETHER, STEP BACK, ROCK BACK, RECOVER, SHUFFLE, STEP FORWARD**

- 1-2-3      Step RF to R side, Close LF beside RF, Step back on RF 12:00
- 4-5      Rock back onto LF, Recover onto RF 12:00
- 6&7      Step Fwd onto LF, Close RF beside LF, Step fwd onto LF 12:00
- 8      Step fwd onto RF 12:00

### **S2: ROCK ¼ TURN, RECOVER, CROSS, SWEEP, CROSS, SWEEP, CROSS SHUFFLE**

- 1-2      Rock out onto LF making ¼ turn R, Recover onto RF 3:00
- 3-4      Cross LF over RF, Sweep RF around back to front 3:00
- 5-6      Cross RF over LF, Sweep LF around back to front 3:00
- 7&8      Cross LF over RF, Step RF to R side, Cross LF over RF 3:00

### **S3: SIDE STEP, TOUCH, SHUFFLE ¼ TURN, SIDE STEP ¼ TURN , TOUCH, CHASSE**

- 1-2      Step RF to R side, Touch LF beside RF 3:00
- 3&4      Step LF to L side making ¼ turn L, Close RF beside LF Step fwd on LF 12:00
- 5-6      Step RF to R side making ¼ turn L, Touch L toe beside RF 9:00
- 7&8      Step LF to L side, Close RF beside LF, Step LF to L side 9:00

### **S4: JAZZ BOX, ROCKING CHAIR**

- 1-2      Cross RF over LF, Step back on LF 9:00
- 3-4      Step RF to R side, Step LF slightly fwd 9:00
- 5-6      Rock fwd onto RF, Recover onto LF 9:00
- 7-8      Rock back onto RF, Recover onto LF 9:00

### **S5: STEP FWD, PIVOT ½ TURN, SHUFFLE, HEEL, TOE, STEP, TAP BEHIND**

- 1-2** Step fwd onto RF, Pivot ½ turn L 3:00
- 3&4** Step Fwd onto RF, Step LF beside RF, Step fwd on RF 3:00
- 5-6** Tap L Heel fwd, Tap L toe back 3:00
- 7-8** Step fwd onto LF, Tap R toe behind L Heel 3:00

### **S6: STEP BACK, SWEEP, STEP BACK, SWEEP, STEP BEHIND, STEP SIDE, CROSS SHUFFLE**

- 1-2** Step back onto RF, Sweep LF front to back 3:00
- 3-4** Step back onto LF, Sweep RF front to back 3:00
- 5-6** Cross RF behind LF, Step LF to L side 3:00
- 7&8** Cross RF over LF, Step LF to L side, Cross RF over LF 3:00

### **S7: SIDE ROCK, RECOVER, HEEL GRIND, JAZZ BOX WITH FLICK**

- 1-2** Rock LF to L side, Recover onto RF 3:00
- &3-4** Step LF beside RF, Tap R Heel fwd, Grind R Heel to R taking weight onto RF 3:00
- 5-6** Cross LF over RF, Step back onto RF 3:00
- 7-8** Step LF to L side, Flick RF behind 3:00

### **S8: SWAY X4**

- 1-2** Stepping weight onto RF while swaying hips to R, Sway hips to L 3:00
- 3-4** Sway hips to R, Sway hips to L (Finishing with weight on LF) 3:00

### **Start Again!**

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