

EZ Selow

LINEDANCE.COM

Count: 80 **Wall:** 1 **Level:** Phrased Beginner

Choreographer: Dewi Abri & Wenarika (INA - March 2019)

Music: Selow by Via Vallen

Rolling 8 Improver, Tags, STEP IN ON LYRIC

Sequence: A BB BB T1 A T2 A BB BB T1 A BB BB T3

A: 32 counts - 1 wall

AS1: Side Together Touch RLRL, Forward 1/4RT Sweep, Forward Diagonal Forward Point, Back, 1/2 LT Sweep Back Together Touch

1 Rf side while Lf together touch

2 Lf side while Rf together touch

3, 4= 1, 2

5 Rf forward while sweep Lf 1/4 RT to front, 3h

6& Lf forward on 6, Rf diagonal forward point on &

7 Rf back while sweeping Lf 1/2 LT to back, 9h

8& Lf back on 8, Rf together touch on &

AS2: Rock, Recover Behind Side, Cross, Side, 1/4 RT Recover, 1/2 RT Back 1/2 RT Forward, Forward, Together Touch

1 Rf side rock

2&Lf Recover on 2, Rf behind on &, Lf side on a

3 Rf cross

4 Lf side

5 1/4 RT Rf recover on 5, 12h

6&1/2 RT Lf back on 6, 1/2 RT Rf forward on &, 12h

7 Lf forward on 7,

8 Rf together touch with knees bent

AS3: Side, Recover, Behind Side Cross, Side, 1/4 LT Recover Sweep, Back Sweep, Back Hitch, 1/4 LT Side

1, 2 Rf side rock on 1, Lf recover on 2

3&Rf behind on 3, Lf side on &, Rf cross on &

4 Lf side rock on 4

5 1/4 LT Rf recover sweep Lf to back, 9h

6 Lf back sweep Rf back

7& Rf back on 7, Lf hitch on &

8 1/4 LT Lf side on 8, 6h

AS4: 1/4 RT Recover Sweep, Cross Side, Behind Sweep, Behind Side, Rock Forward, Recover 1/4 RT Side, Cross Recover Side

11/4 RT Rf recover sweep Lf forward, 9h

2& Lf cross on 2, Rf side on &,

3 Lf behind while sweeping Rf side to back

4& Rf behind on 4, Lf side on &

5 Rf forward on 5

6& Lf recover on 6, 1/4 RT Rf side on &, 12h

7 Lf cross on 7,

8& Rf recover on 8, Lf side on &

B: 8 counts - 4 wall

Rock Behind Recover Together RL, Rock Behind Recover 1/2 LT Rf Together, Lf Rock Behind Recover 1/4 RT Side

1 Rf rock behind

2& Lf recover on 2, Rf together on &

Optional Arms: swing down to back on 1, swing to front on 2&

3 Lf rock behind

4& Rf recover on 4, Lf together on &

Optional Arms: the same to counts 1, 2&

- 5 Rf rock behind
6& Lf recover on 6, 1/2 LT Rf together on &

Optional Arms: the same to count 1 on 5, swing left arm side level while right arm up on 6&

- 7 Lf rock behind
8& Rf recover on 8, 1/4 RT Lf side on &, 9h

Optional Arms: the same to the counts 5, 6&

T1, 2 Counts: Rock Back Recover, Happen at The End of 4th and 8th B

- 1, 2 Rf rock back on 1, Lf recover on 2

T2, 13 Counts, Happen at The End of 2nd A

T2S1 = B, except the last & count changed to 1/2 RT together, instead of 1/4 RT Side

- 1 Rf rock behind
2& Lf recover on 2, Rf together on &
3 Lf rock behind
4& Rf recover on 4, Lf together on &
5 Rf rock behind
6& Lf recover on 6, 1/2 LT Rf together on &
7 Lf rock behind
8& Rf recover on 8, 1/2 RT Lf together on &

T2S2 = 5- 8& of T2S1 + one count of Back Together

- 1 Rf rock behind
2& Lf recover on 2, 1/2 LT Rf together on &
3 Lf rock behind
4& Rf recover on 4, 1/2 RT Lf together on &
5& Rf back on 5, Lf together on &

T3, 6 counts = T2S2, Except Change 5& to 5,6 of Rock Back Recover, Happen at The End of 12th B. T3 is also the ending of the dance.

- 1** Rf rock behind
- 2&** Lf recover on 2, 1/2 LT Rf together on &
- 3** Lf rock behind
- 4&** Rf recover on 4, 1/2 RT Lf together on &
- 5, 6** Rf rock back on 5, Lf recover on 6 and pose to finish

Follow the squence please and happy dancing!

Contact: procankm@hotmail.com

Last Update - 4th March 2019

COPPERKNOB (144.217.101.242)