

Selow

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Count: 64

Wall: 1

Level: Phrased High Beginner

Choreographer: Mei Rizal (February 2019)

Music: Selow by Via Vallen

Intro 16 counts - Phrase A-B-C-C-Tag1-A-B-C-C-Tag2-C-C-C-C-C

A (32 Counts)

A1. BOX STEP, ROCKING, COASTER STEP

- 1&2** Step R to right side, step L together, step back on R
- 3&4** Step L to left side, step R together, step L forward
- 5&6** Rock R forward, recover on L, step back on R
- 7&8** Step back on L, step R next to L, step L forward

A2. VAUDEVILLES, ROCKING CHAIR, PIVOT ½ TURN, STEP FORWARD

- 1&2&** Cross R over L, step L to left side, touch R heel forward to right diagonal, step R next to L
- 3&4&** Cross L over R, step R to right side, touch L heel forward to left diagonal, step L next to R
- 5&6&** Rock R forward, recover on L, rock R to back, recover on L
- 7&8** Step R forward, ½ turn left step on L, step R forward (6:00)

A3. BOX STEP, ROCKING, COASTER STEP

- 1&2** Step L to left side, step R together, step back on L
- 3&4** Step R to right side, step L together, step R forward
- 5&6** Rock L forward, recover on R, step back on L
- 7&8** Step back on R, step L next to R, step R forward

A4. VAUDEVILLES, ROCKING CHAIR, PIVOT ½ TURN, STEP FORWARD

- 1&2&** Cross L over R, step R to right side, touch L heel forward to left diagonal, step L next to R
- 3&4&** Cross R over L, step L to left side, touch R heel forward to right diagonal, step R next to L
- 5&6&** Rock L forward, recover on R, rock L to back, recover on R
- 7&8** Step L forward, ½ turn right step on R, step L forward (12:00)

B (16 counts)

B1. BASIC NIGHTCLUB, BEHIND-SIDE-CROSS, RECOVER-SIDE-CROSS, RECOVER, STEP SIDE

- 1,2&3** Step R to right side, cross L behind R, recover on R, step L to left side
- 4&5** Cross R behind L, step L to left side, cross R over L
- 6&7** Recover on L, step R to right side, cross L over R
- 8&** Recover on R, step L to left side

B2. PIVOT ¼ TURN X4

- 1,2** Step R forward, ¼ turn left recover on L
- 3-8** Repeat 1-2

C (16 Counts)

C1. DOUBLE STEP, SINGLE STEP

- 1&2&** Step R to right side, step L together, step R to right side, touch L beside R
- 3&4&** Step L to left side, touch R beside L, step R to right side, touch L beside R
- 5&6&** Step L to left side, step R together, step L to left side, touch R beside L
- 7&8&** Step R to right side, touch L beside R, step L to left side, touch R beside L

C2. ROCKING, TOUCH

- 1&2&** Rock cross R over L, recover on L, Rock R to right side, recover on L
- 3&4** Rock R behind L, recover on L, step R to right side
- 5&6&** Rock cross L over R, recover on R, rock L to left side, recover on R
- 7&8&** Rock L behind R, recover on R, step L to left side, touch R beside L (12:00)

Tag 1 (16 counts)

TS1. STEP SIDE (DROP DOWN), TOGETHER, STEP FORWARD, TOGETHER

- 1,2** Step R to right dropping into a squat (left hand like pulling the door to the side), step R next to L
- 3,4** Step L to left dropping into a squat (right hand like pulling the door to the side), step L next to R

- 5,6** Step R forward (bend your knees) (left hand pressing elbow down in front of the chest), step R together
- 7,8** Step L forward (bend your knees) (right hand pressing elbow down in front of the chest), step L together

TS2. REPEATED LIKE No.1

Tag 2 (24 counts)

TS1&TS2 DO AS IN TAG 1

TS3. WALK AROUND

- 1-8** Walk around to the right (full turn)

Have FUN !!

Last Update - 16th Feb. 2019