

# I'm So Low

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**Count:** 48      **Wall:** 2      **Level:** High Intermediate

**Choreographer:** Guillaume RICHARD (FR) March 2019

**Music:** Low by Carrie Underwood

**Intro: 32 counts (approx. 16secs)**

**Sequence: A(64), B(64), A(64), Tag(4), B(32), Restart B(64), A(64), B(64)**

**Part A: 64 counts**

**A1: Walk Forward (R-L-R-L) & Raise Arms Up & Down, Turn 1/2 L while Walk (R-L-R-L) & Shoulders Up & Down.**

**1-2-3-4** Step forward (R-L-R-L) with raise arms up & down

**5-6-7-8** Turn 1/2 L while circular motion stepping (R-L-R-L) with shoulder up & down (6:00)

**A2: Repeat A1 (8 counts) (end 12:00)**

**A3: Samba Step (R-L), Jazz Box-Cross.**

**1&2-3&4** Step R forward Crossing slightly over L, Step L to left side, Step R in place, Step L forward Crossing slightly over R, Step R to right side, Step L in place

**5-6-7-8** Cross R over L, Step back on L, Step R to right side, Cross L over R

**A4: Vine 1/4Turn R, Forward, Pivot 1/2Turn R, 1/4Turn R Side, Behind, side.**

**1-2-3-4** Step R to right side, Cross step L behind R, 1/4 turn R stepping R forward (3:00), Step forward on L

**5-6-7-8** Pivot 1/2 R step R forward (9:00), 1/4 turn R stepping L to left side (12:00), Cross step R behind L, Step L to left side

**A5: Rock, Rock, Heel Up & Down With Roll Shoulders. 2X**

**1-2-3-4** Rock step in place on (R-L) with rolling shoulder from front to back (R,L), Rock in place Heel R up & down twice with rolling shoulder R from front to back

**5-6-7-8** Repeat the step to left (1-4 count)

**A6: Repeat A5 (8 counts)**

### **A7: Walk Back (R-L-R), Touch Forward. 2X**

**1-2-3-4** Step back (R-L-R) with rolling shoulder from front to back (R-L-R), Touch L toe forward

**5-6-7-8** Repeat the step to left (1-4 count)

### **A8: Rock Back/Recover, Walk Forward (R-L), Charleston (Forward & Back, Back & Forward).**

**1-2-3-4** Rock back on R, Recover L, Walk forward on R,L

**5-6** Touch R forward While sweeping from back to front, Step R back While sweeping from front to back

**7-8** Touch L back While sweeping from front to back, Step L forward While sweeping from back to front

### **Part B: 64 counts**

#### **B1: Side-Hitch (R-L), 1/4 Turn L Side-Hitch, Left Chasse.**

**1-2-3-4** Step R to right side, Hitch L knee, Step L to left side, Hitch R knee

**5-6-7&8** 1/4 turn L Stepping R to right side (9:00), Hitch L knee, Step L to left side, Step R next to L, Step L to left side

#### **B2: Forward Heel Touch, Back Toe Touch, Forward Heel Touch, Together & Clap. 2X**

**1-2-3-4** Touch heel R forward, Touch toe R back, Touch heel R forward, Step R next to L & Clap

**5-6-7-8** Repeat the step to left (1-4 count)

#### **B3: Repeat B1 (8 counts)**

#### **B4: Rock Cross/Recover- side (R-L), Paddle 1/2 Turn L.**

**1&2** Rock Cross R over L, Recover L, Step R to right side

**3&4** Rock Cross L over R, Recover R, Step L to left side

**5-6-7-8** Paddle 1/2 turn L while Touch R toe to right side 4 times (12:00) \*\* Restart

#### **B5: Cross, Cross, Back, Side, Hip Bumps.**

**1-2-3-4** Cross R over L, Cross L over R, Step back on R, Step L to left side

**5&6-7&8** Hip bumps (R-L-R) weight onto R, Hip bumps (L-R-L) weight onto L

**B6: 1/4 Turn R Jazz box-Cross, Side, Drag R & Chest Pop.**

**1-2-3-4** Cross R over L, 1/4turn R stepping back on L (3:00), Step R to right side, Cross L over R

**5-6-7-8** Big step R to right side, Drag L towards R, Chest pop 2X (end weight onto L)

**B7: Repeat B5 (8 counts)**

**B8: Repeat B6 (8 counts) (end 6:00)**

**Tag (4 counts): Forward, Pivot 1/2Turn L, Skate (R-L)**

**1-2-3-4** Step Forward on R, Pivot 1/2 turn L , Step R diagonal forward to right, Step L diagonal forward to left

**\*\* Restart: Part B4 Count 32**

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