

Getting Low

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Non-Country Novice

Choreographer: Barbara Seelt – May 2015

Music: 'Low' by Flo Rida Ft. T-pain

[1-8] SCUFF, OUT, OUT, ARM, ARM, FORWARD, ½ TURN L, ARM TO SIDE, ½ TURN R, ARM TO SIDE, JUMP

1&2 Scuff LF, step LF behind, step RF forward

3&4R arm up in front of chest folded over, L arm up in front of chest folded over (extended of R arm), outstretch both arms straight forward with hands touching

5, 6, 7 Bring L arm to L – R hand slide down L arm towards shoulder – while turning ½ L, bring L arm back to front while sliding R arm back up to L hand and start to turn ½ turn R, bring R arm to R – L hand slide down R arm towards shoulder – while finishing ½ turn, step LF next to RF

8 Jump (facing 12:00)

[9-16] HEELGRIND 2X, ROCK, RECOVER, STEP BACK, ¼ TURN L, SLIDE

1, 2& Heel grind R forward, recover weight on LF, step RF next to LF

3, 4& Heel grind L forward, recover weight on RF, step LF next to RF

5&6 Rock RF forward, recover weight on LF, step RF behind

7, 8¾ turn L while making a big step to L with LF, drag RF to LF (facing 09:00)

[17-24] CROSSROCK 2X, ¼ JAZZBOX R

1&2 Crossrock RF over LF, recover weight on LF, step RF to R

3&4 Crossrock LF over RF, recover weight on RF, step LF to L

5, 6 Cross RF over LF, turn ¼ R step LF behind

7, 8 Step RF to R, step LF forward (facing 12:00)

[25-32] SWIVEL STEP 2X, ½ PIVOT TURN L, ¾ TURN L, KNEE POP

1, 2 Step RF forward while both feet facing to R diagonal, step LF forward while both feet facing L diagonal

3, 4 Step RF forward, ½ turn L

5, 6¾ turn L on LF, drag RF behind LF

&7&8 Step RF next to LF, step LF to L, pop both knees (lift both heels), drop both heels

Contact: barbaraseelt@gmail.com

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=104569