

GETTING LOW

Choreographed by Barbara Seelt

Description: 32 count, 4 wall, Street/Funky

Level: Novice

Music: 'Low' by Flo Rida Ft. T-pain (radio edit) (128bpm)

*Official UCWDC competition dance description
Date of usage 2 July 2015*

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&4 R 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 1/2 L, bring L arm back to front while sliding R arm back up to L hand and start to turn 1/2 turn R, bring R arm to R – L hand slide down R arm towards shoulder – while finishing 1/2 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

7-8 1/4 turn L while making a big step to L with LF, drag RF to LF (facing 9:00)

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 1/4 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, 1/2 turn L (face 6:00)

5-6 3/4 turn L on LF, drag RF behind LF (face 9:00)

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