Official WCDF competition dance description 2009

LOW

Giovanni Coenmans

Type : 32 count, 2 wall, Funky updated 2009-08-02

Level : Intermediate

Music : "Low" by Flo Rida feat. T-Pain (BPM 127)

STEP FORWARD, HEEL TOUCH, HITCH, STEP FORWARD, JUMP OUT, CROSS FEET, FULL TURN RIGHT

1 RF step forward
2 LF left heel to left side
3 LF bring knee up
4 LF step forward
5 jump both feet out

6 jump crossing LF over RF

7-8 RF make full turn right on counts 7-8

Arm movements counts 1-4

1 make fist and put arm to right side

2 make same movement as left foot with left arm

3 both arms up palms forward

4 put both arms down

JUMP, LAND, HEAD DOWN, HEAD UP, SLIDE, CLOSE, STEP, SLIDE, STEP, TOUCH

1 LF jump with both feet

& RF land with both feet out put head down

2 LF head up

3 RF slide to right side 4 LF close next to RF

5 RF step forward, go down on outside of lower left

6 leg and slide forward 7 RF step forward and stand up

8 LF touch next to RF

Option: (for everyone)

1/4 TURN, CHEST POPS, 1/4 TURN, STEP FORWARD,

TOUCH

5 RF ½ turn left step to right side (9:00)

& RF put chest out
6 LF bring chest back

7 RF ½ turn right step forward (12:00)

8 LF touch next to RF

STEP FORWARD, TOUCH, ½ TURN, STEP FORWARD, ½ TURN, STEP RIGHT, TWIST, TOUCH, 1/8 TURN

LEFT TOUCH

1 LF step forward
2 RF touch cross behind LF
3 RF ½ turn right step forward
4 LF ½ turn right step to left side

5 RF step to right side

& RF twist both feet left (LF on heel RF on toe)

6 RF twist back to position 7 RF touch cross over LF

8 RF 1/8 turn left touch to right side

Arm movement count 2

Make fist with right arm and bring it up while touching RF behind LF

BODY ROLL 2X, DROP KNEE, STEP FORWARD, STEP FORWARD, CLOSE ½ TURN, STEP FORWARD

1 LF make body roll & LF close next to RF

2 RF touch to right side 3 LF make body roll bring weight on RF

& LF close next to RF 4 RF touch to right side

bend and turn right knee in and lift left toe

RF 1/2 turn right jump feet to close position

7 LF step forward

& RF ½ turn right close next to LF (6:00)

8 LF step forward