

LOW

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Type : 32 count, 2 wall, Funky
 Level : Advanced
 Music : "Lo-Flo Rida" by 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	RF	jump both feet out
6	LF	cross both feet over each other
7-8	RF	make full turn right on counts 7-8

Arm movements counts 1-4

1	<i>make fist and put arm to right side</i>
2	<i>make same movement as left foot with left arm</i>
3	<i>both arms up palms forward</i>
4	<i>put both arms down</i>

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 leg and slide forward
6		
7	RF	step forward and stand up
8	LF	touch next to RF

Option:

¼ TURN, CHEST POPS, ¼ TURN, STEP FORWARD, TOUCH

5	RF	¼ turn left step to right side (3:00)
&	RF	put chest out
6	LF	bring chest back
7	RF	¼ turn right step forward
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
5		turn right knee in, drop and lift left toe
6	RF	½ turn left jump feet to close position
7	LF	step forward
&	RF	½ turn right close next to LF
8	LF	step forward