

Lowdown

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DESCRIPTION: Intermediate, 64 Count, 4 wall line dance
MUSIC: Lowdown by Jimmy Sommers (on the CD 360 Urban Groove)

NOTE The dance flows in a "channel" most of the time; similar to a west coast swing.

RIGHT SAILOR, LEFT SAILOR WITH A ¼ TURN, STEP TURN, KICK AND TOUCH

1 & 2 R sailor step
3 & 4 L sailor step with ¼ turn R
5 6 Step fwd R, ½ turn L step forward L
7 & 8 Kick R, step R beside L, touch L beside R

WALK, WALK, ROCK & TURN, OUT, BEHIND, ROCK & CROSS

1 2 Walk L, walk R
3 & 4 Step fwd L, ¼ turn R step R to side, cross L over R
5 6 Step R to R side, step L behind R
7 & 8 Rock R to R side, recover L, cross R over L

STEP SWEEP, CROSS OUT BEHIND, SWEEP, LOCK, ROCK & TOUCH

1 2 Step L ¼ turn L, sweep R as you turn ¼ turn to L
3 & 4 Cross R over L, step L to L side, step R behind L
5 6 Sweep L lock behind R
7 & 8 Rock R to R side, recover L, touch R next to L

TAP STEP, WALK, WALK, TAP STEP, CROSS AND CROSS

1 2 Tap R slightly to R side, Step R slightly further to R side
3 4 Step on L crossed over R, step R to R side
5 6 Tap L slightly to L side, step L slightly further to L side
7 & 8 R crossing triple (to L)

ROCK RECOVER, BEHIND, SIDE, ¼ TURN, STEP ½ TURN , LEFT COASTER STEP

1 2 Rock L diagonal fwd, recover R
3 & 4 Step L behind R, step R to R side, ¼ turn R stepping L forward
5 6 Step R forward, turning ½ turn R touch L next to R (keeping weight on R)
7 & 8 Step L back, step R together, step L forward

POINT, CROSS, POINT, CROSS, POINT, CROSS, ROCK & CROSS

1 2 3 4 Point R to R side, step on R crossing over L, Point L to L side, step L crossing over R
5 6 Point R to R side, step on R crossing over L
7 & 8 Rock L to L side, recover R, step on L crossing over R

VINE RIGHT WITH POINT/LOOK, STEP LEFT, BEHIND, KICK & TOUCH

1 2 3 4 Step R to R, Step L behind R, step R to R, touch L behind R (look to the right)
5 6 Step L to L side, step R behind L
7 & 8 Kick L diagonal, step down on L, touch R next to L

ROCK, RECOVER, TRIPLE SIDE, POINT, POINT, CROSS, BACK, SIDE

1 2 Rock forward R, recover L
3 & 4 R triple to R side
5 6 ¼ turn R point L toe to L side, ¼ turn R point L toe to L side
7 & 8 Cross L over R, step R side (slightly back), step L to L side

REPEAT