

## The DownLo

32 Count, 4 Wall, Improver

Choreographer: Pepper Siquieros (USA) June 2008

Choreographed to: Good Life by Blackstreet,

CD: Blackstreet; Freak Of Nature by Anastacia,

CD: Freak Of Nature; Look At Me Now by Sixwire (101 bpm), CD: Sixwire

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### **PRESS, KICK, RIGHT COASTER STEP, ROCKS FORWARD & BACK**

- 1-2 Rock weight forward on ball of right, recover back onto left kicking right forward
- 3&4 Step back on right, step left next to right, step forward on right
- 5& Rock forward on left, recover to right
- 6& Rock back on left, recover on right
- 7& Rock forward on left, recover to right
- 8 Step left next to right

### **¼ TURN BUMP & BUMP, ¼ TURN SHUFFLE FORWARD; REPEAT**

- 1&2 Step right into ¼ turn left and bump hips right, center, right
- 3&4 Turn ¼ turn left and shuffle forward with attitude
- 5-8 Repeat counts 1-4 (end facing 12:00 weight on left)

### **1 ½ TURNS TO RIGHT, BEND DOWN-DOWN-UP & TURN ½**

- 1-4 Step right ¼ turn to right, step left ½ turn to right, step right ½ turn to right, step left ¼ turn right (feet shoulder width)
- 5-7 Bend knees and bump hips to right (right hand on back of right hip-left hand rests on left thigh), bend knees lower and bump hips to left, come up a little and bump hips to right (weight on right facing 6:00)
- &8 Jump up into ½ turn to right stepping on left, touch right next to left (facing 12:00)

### **"V" STEP, COASTER STEP, 1 ½ ROLLING VINE LEFT, SCOOT-SCOOT**

- 1-2 Step right forward and slightly to right side, step left forward and slightly to left. Styling: push hips forward with attitude with each step
- 3&4 Step straight back on right, step left next to right, step forward on right
- 5-7 Step left to left side into ¼ left, make ½ turn left onto right, make ½ turn left onto left (facing 9:00)
- &8 Keeping weight on left hitch right knee up slightly and scoot forward on left, repeat scoot lifting right knee up a little higher (facing 9:00)

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Music download available from iTunes

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