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# **Britain's Got Talent**

Phrased, 1 Wall, Intermediate/Advanced Choreographer: Helen J Spaven (UK) Feb 2009 Choreographed to: Low by Flo-Rida,

CD: Mail On Sunday by Flo-Rida

Sequence: A,A,B,A,A,B,A,A,B,A,A Start on vocals

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Left kick ball change,	knee roll ¼ turn x2
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- 1&2 Kick left foot forward, step back on ball of left, step right to place.
- 3-4 Turn ¼ turn left by rolling left knee out, roll right knee in to complete ¼ turn.
- 5&6 Kick left foot forward, step back on ball of left foot, step right foot to place.
- 7-8 Turn ¼ turn left by rolling left knee out, roll right knee in to complete ¼ turn.

## Left ½ turn glide, step tap tap, right kick and touch, left kick cross touch.

- 1-2 Lifting right heel and bending both knees slightly glide left foot back on the ball of left foot. Turn ½ turn left on left toe and right heel.
- 3&4 Step right foot next to left. Tap right toe twice.
- 5&6 Kick right foot forward. Step right foot to place and touch left foot beside right.
- 7&8 Kick left foot forward, step left foot to place.
  - Hook right foot across left by touching right toe across left.

### Right kick ball cross, hold, and cross, unwind with shoulder pops.

- 1&2 Kick right foot forward, step right to place, step left across right.
- 3&4 Hold for 1 count. Step right to right side and cross left over right.
- 5-6, 7&8 Unwind full turn right popping shoulders right left right.

### Side glide to left x2

- 1-2 Bring right foot into left lightly on heel of right foot, as you bring right slightly across left twist right heel and raise it to put weight on right toe.
- 3-4 As you drop right heel smoothly slide (glide) left foot to left side on left toe with left heel slightly raised.
- 5-6 Bring right foot into left lightly on heel of right foot, as you bring right slightly across left twist right heel and raise it to put weight on right toe.
- 7-8 4 As you drop right heel smoothly slide (glide) left foot to left side on left toe with left heel slightly raised.

## Section B. 64 counts

### Bend step left and right, kick forward and side, behind and cross, step left, step right.

- 1&2 Bend both knees in dropping body down and looking down.
- Return to normal as you bring left foot into right and step right to right side.
- 3&4 Kick right foot forward. Kick right to right side.
- 5&6 Step right behind left. Step left to left side. Step right across left.
- 7-8 Step left to place. Step right next to left leaving a gap.

### Travelling applejacks, applejacks.

- 1-2 Split heels so toes are pointing towards each other.
  - Bring heels together as you split toes away from each other whilst you travel to left.
- 3&4 Continuing to travel left, split feet; toes heels toes.
- \*\*Example 2.5 Take weight on left toe and right heel swivelling left heel and right toe to right side (&5).

  Return feet to place. Take weight on right toe and left heel swivelling right heel and left toe to left side (&6).
- &7&8 Repeat counts &5&6.

# Right scuff and cross, out and out, right lock, right lock step.

- 1-2 Scuff right foot forward and step it in front and slightly across left.
- 3&4 Keeping legs crossed bend knees out, bring them back out then bend them out again.
- 5-6 Step right foot forward. Bring left behind right and slightly to right side.
- 7&8 Step right forward. Step left behind and slightly to right side, step right forward.

### Right in front side sailor cross, left in front side sailor cross.

- 1-2 Touch right toe forward. Touch right toe to right side.
- 3&4 Step right behind left. Step left to left side. Step right across left.
- 5-6 Touch left toe forward. Touch left toe to left side.
- 7&8 Step left foot behind right. Step right to right side. Step left across right.

	Dorothy steps, boogie walks.
1-2&	Step right to right corner (1). Step left behind right on ball of left foot (2). Step right to place (7). Weight ends on right.
3-4&	Step left to left corner (3). Step right behind left on ball of right foot (4). Step left to place (7). Weight ends on left.
5-6	Step right to right corner. Step left to left corner.
7&8	Moving forward and bending knees, step right to right corner, step left to left corner,
700	step right to right corner.
	And step lock twist twist, step lock twist twist.
&1-2	Put weight onto left (&). Step right forward. Tou7ch left behind right.
3&4	Turn ½ turn left twisting heels 3 times.
5-6	Step right forward. Touch left behind right.
7&8	Turn ½ turn left twisting heels 3 times.
	Right cross heel grind, left cross side step, hip bumps.
1&2	Grind right heel across left. Step left to left side. Step right beside left.
3&4	Step Left across right. Step back on right foot. Step left next to right.
5&6, &7	7&8 Bump hips to right side bending knees to give the rise and fall of the hip bumps.
	Jump x 2 step forward right left right, scuff hitch step, left coaster step.
1-2	Keeping feet together jump to right side. Jump to left side.
3&4	Step right forward. Step left next to right. Step right to right side.
5&6	Scuff right forward. Hitch right knee. Step right to place.
7&8	Step back on left foot. Step right next to it. Step left foot forward.

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