











The Lowdown

60 Count, 4 Wall, Improver Choreographer: Hayley Wheatley (UK) Aug 2017 Choreographed to: Your Man by Josh Turner. Album: Long Black Train

Dedicated to My Ava Rose who handpicked this 'favourite song' for me to choreograph to!

Count In: 36 Counts on the word "lights"

Section 1: Side Step, Together, Step Back, Rock Back, Recover, Shuffle, Step Forward

1-2-3 Step RF to R side, Close LF beside RF, Step back on RF 12:00

4-5 Rock back onto LF, Recover onto RF 12:00

6&7 Step Fwd onto LF, Close RF beside LF, Step fwd onto LF 12:00

8 Step fwd onto RF 12:00

Section 2: Rock 1/4 Turn, Recover, Cross, Sweep, Cross, Sweep, Cross Shuffle

1-2 Rock out onto LF making ¼ turn R, Recover onto RF 3:00
3-4 Cross LF over RF, Sweep RF around back to front 3:00
5-6 Cross RF over LF, Sweep LF around back to front 3:00
7&8 Cross LF over RF, Step RF to R side, Cross LF over RF 3:00

Section 3: Side Step, Touch, Shuffle ¼ Turn, Side Step ¼ Turn, Touch, Chasse

1-2 Step RF to R side, Touch LF beside RF 3:00

3&4 Step LF to L side making ½ turn L, Close RF beside LF Step fwd on LF 12:00

5-6 Step RF to R side making ¼ turn L, Touch L toe beside RF 9:00 7&8 Step LF to L side, Close RF beside LF, Step LF to L side 9:00

Section 4: Jazz Box, Rocking Chair

1-2 Cross RF over LF, Step back on LF 9:00
3-4 Step RF to R side, Step LF slightly fwd 9:00
5-6 Rock fwd onto RF, Recover onto LF 9:00
7-8 Rock back onto RF. Recover onto LF 9:00

Section 5: Step Fwd, Pivot ½ Turn, Shuffle, Heel, Toe, Step, Tap Behind

1-2 Step fwd onto RF, Pivot ½ turn L 3:00

3&4 Step Fwd onto RF, Step LF beside RF, Step fwd on RF 3:00

5-6 Tap L Heel fwd, Tap L toe back 3:00

7-8 Step fwd onto LF, Tap R toe behind L Heel 3:00

Section 6: Step Back, Sweep, Step Back, Sweep, Step Behind, Step Side, Cross Shuffle

1-2 Step back onto RF, Sweep LF front to back 3:00
3-4 Step back onto LF, Sweep RF front to back 3:00
5-6 Cross RF behind LF, Step LF to L side 3:00

7&8 Cross RF over LF, Step LF to L side, Cross RF over LF 3:00

Section 7: Side Rock, Recover, Heel Grind, Jazz Box With Flick

1-2 Rock LF to L side, Recover onto RF 3:00

&3-4 Step LF beside RF, Tap R Heel fwd, Grind R Heel to R taking weight onto RF 3:00

5-6 Cross LF over RF, Step back onto RF 3:00 7-8 Step LF to L side, Flick RF behind 3:00

Section 8: Sway X4

1-2 Stepping weight onto RF while swaying hips to R, Sway hips to L 3:00 3-4 Sway hips to R, Sway hips to L (Finishing with weight on LF) 3:00

Start Again!