

Dip It Low

Phrased, 64 count, 2 wall, intermediate level
Choreographer: Andrew Simon & Sheila (UK)
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Choreographed to: Dip It Low by Christina Milian
(88 bpm) [CD Its About Time]

16 Count Intro

Sequence: ABA .. ABA .. BB

Section A [Verse]:

Cross. Back. Side. Cross. Touch. Flick. Heel Jack. Replace. Step. Touch. L Coaster.

- 1-2& Cross R over L, step back L, step R side R.
3&4 Cross L over R, Touch R to side, flick R in front.
&5&6 R step back, tap L heel fwd, step L beside R, step R fwd.
7&8& Touch L beside R, L coaster step.

Step. Pivot 1/4 L. Rock. Recover. 1/4 R. 1/4 R. Cross. 1/4 L. Vaudeville.

- 1-2 Step R fwd, pivot 1/4 L keeping weight on R (9:00).
3&4& Rock L behind R, recover, 1/4 R step L back (12:00), 1/4 R step R to side (3:00).
5-6 Cross L over R, 1/4 L step R back (12:00).
7&8& Step L side L, cross R over L, step L side L, tap R heel to R diagonal.

Press. Touch. Recover. Lift. Press. Touch. 1/4 L. Dorothy. Step. 1/2 R. Touch. Step.

- 1&2& Lower ball of R, touch L behind R heel, step L back, lift R toes.
3&4 Lower ball of R, touch L beside R heel, 1/4 L step L fwd (9:00).
5-6& Step R to R diagonal, lock L behind R heel, step R to R diagonal.
7&8 Step L fwd, 1/2 R tap R toe in front (3:00), step R fwd.

Step. 1/2 L. 1/2 L. Step. Touch. Step. Ronde'. Sailor 1/2 R. Step. Pivot 1/2 R. 1/4 R.

- 1-2& Step L fwd, 1/2 L step R back (9:00), 1/2 L step L fwd (3:00).
3&4& Step R fwd, tap L toe behind R, step L back, sweep R toe from front to back.
5&6 R sailor 1/2 R (9:00).
7&8 Step L fwd, pivot 1/2 R (3:00), 1/4 R step L to side (6:00).

Section B [Chorus]:

Dip. Rise. Roll Hips 1/4 L. Hip Bump. Hold. Hitch.

- 1&2 Step R back, bend both knees, drop slightly lower.
[both hands palm facing down L fwd and R to side, pushing down]
3&4 Pop shoulders RLR as you straighten up.
5&6 Touch R fwd, roll hips twice making 1/4 L (3:00).
7-8 Hip bump R, hold.
& Hitch L.

"dip it low"

"pick it up slow"

"roll it all around"

"poke it out"

"broke"

1/4 L. Hip Pops. Touch. Chugs.

- 1&2& Hold, 1/4 L bump L hip (12:00), hold, bump R hip.
3&4 Bump hips LRL touching R beside L on final bump L.
5& Make ¼ turn R stepping on right, step ball of L behind R (3:00).
6& Make ¼ turn R stepping on right, step ball of L behind R (6:00).
7& Make ¼ turn R stepping on right, step ball of L behind R (9:00).
8& Make ¼ turn R stepping on right, step L slightly fwd (12:00).

"pop, pop"

"pop that thing"

Repeat the last 16 counts completing Section B.
