

# DIP IT LOW

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**Count:** 64      **Wall:** 2      **Level:** Phrased Intermediate

**Choreographer:** Andrew Palmer & Simon J. & Sheila A. Cox

**Music:** Dip It Low by Christina Milian

**Sequence:** ABA, ABA, BB

## SECTION A

### Verse

#### CROSS, BACK, SIDE, CROSS, TOUCH, FLICK, HEEL JACK, REPLACE, STEP, TOUCH, LEFT COASTER

- 1-2&      Cross right over left, step back left, step right side right
- 3&4      Cross left over right, touch right to side, flick right in front
- &5&6      Right step back, tap left heel forward, step left beside right, step right forward
- 7&8&      Touch left beside right, left coaster step

#### STEP, PIVOT ¼ LEFT, ROCK, RECOVER, ¼ RIGHT, ¼ RIGHT, CROSS, ¼ LEFT, VAUDEVILLE

- 1-2      Step right forward, pivot ¼ left keeping weight on right (9:00)
- 3&4&      Rock left behind right, recover, ¼ right step left back (12:00), ¼ right step right to side (3:00)
- 5-6      Cross left over right, ¼ left step right back (12:00)
- 7&8&      Step left side left, cross right over left, step left side left, tap right heel to right diagonal

#### PRESS, TOUCH, RECOVER, LIFT, PRESS, TOUCH, ¼ LEFT, DOROTHY, STEP, ½ RIGHT, TOUCH, STEP

- 1&2&      Lower ball of right, touch left behind right heel, step left back, lift right toes
- 3&4      Lower ball of right, touch left beside right heel, ¼ left step left forward (9:00)
- 5-6&      Step right to right diagonal, lock left behind right heel, step right to right diagonal
- 7&8      Step left forward, ½ right tap right toe in front (3:00), step right forward

#### STEP, ½ LEFT, ½ LEFT, STEP, TOUCH, STEP, RONDE', SAILOR ½ RIGHT, STEP, PIVOT ½ RIGHT, ¼ RIGHT

- 1-2&      Step left forward, ½ left step right back (9:00), ½ left step left forward (3:00)

- 3&4&** Step right forward, tap left toe behind right, step left back, sweep right toe from front to back
- 5&6** Right sailor  $\frac{1}{2}$  right (9:00)
- 7&8** Step left forward, pivot  $\frac{1}{2}$  right (3:00),  $\frac{1}{4}$  right step left to side (6:00)

## SECTION B

### Chorus

#### **DIP, RISE, ROLL HIPS $\frac{1}{4}$ LEFT, HIP BUMP, HOLD, HITCH**

- 1&2** Step right back, bend both knees, drop slightly lower ("dip it low")

#### **Both hands palm facing down left forward and right to side, pushing down**

- 3&4** Pop shoulders right-left-right as you straighten up ("pick it up slow")
- 5&6** Touch right forward, roll hips twice making  $\frac{1}{4}$  left (3:00) ("roll it all around")
- 7-8** Hip bump right, hold ("poke it out")
- &** Hitch left ("broke")

#### **$\frac{1}{4}$ LEFT, HIP POPS, TOUCH, CHUGS**

- 1&2&** Hold,  $\frac{1}{4}$  left bump left hip (12:00), hold, bump right hip ("pop, pop")
- 3&4** Bump hips left-right-left touching right beside left on final bump left ("pop that thing")
- 5&** Make  $\frac{1}{4}$  turn right stepping on right, step ball of left behind right (3:00)
- 6&** Make  $\frac{1}{4}$  turn right stepping on right, step ball of left behind right (6:00)
- 7&** Make  $\frac{1}{4}$  turn right stepping on right, step ball of left behind right (9:00)
- 8&** Make  $\frac{1}{4}$  turn right stepping on right, step left slightly forward (12:00)

- 1-16** Repeat counts 1-16 of Section B