

THOSE APPLEBOTTOM

JEANS

By: Joey Warren
Song: Low
Artist: Flo Rida

Counts: 64
Walls: 4
No Tags or Restarts

Brush-Out-Out, Back Body Roll, Step-Heel, Arm Swing x2, Step-Point

1&2 Brush R foot forward, Step R foot out, Step L foot out
3 – 4 Push hips back and roll them up (weight on R)
&-5-6 Step L foot next to R, Place R heel forward, Swing R arm across R leg
7&8 Swing R arm back across R leg, Step down on R foot, Point L toe out

¼ Turn x2, ¼ Turn L Sailor, Step x4 around ½ Turn

1 – 2 ¼ Turn L stepping L foot forward, ¼ Turn L stepping R foot to R side
3&4 ¼ Turn L stepping L back, Step R foot beside L, Step L foot forward
5 – 8 Keeping L foot on ground Step R foot around x4 for ½ Turn (Weight needs to be on the L foot on count 8)

Kick-&-Touch, ½ Turn w/ Knees, Step forward w/ drag, L Touch w/ Look

1&2 Kick R foot forward, Step R foot beside L, Touch L toe back
3 – 4 ½ Turn L rolling L knee around, Finish ½ Turn rolling R knee to L (weight R)
5 – 6 Step L foot forward, Drag/Step R foot next to L
7 – 8 Touch L toe out to L side swinging head to R side, Step L foot next to R
Option on 5-8. You could kick R forward, step R beside L, then drop down on L knee
Do ½ Turn L on L knee putting R knee down beside L, Get up on the L step forward

Roll Out-Out, Cross Step, Roll Out-Out, Cross ¾ Turn L stepping L forward

1 – 2 Roll R knee out as you step R out, Roll L knee out as you step L out
3 – 4 Cross R foot over L as you roll R knee, Step L foot out to L
5 – 6 Roll R knee out as you step R out, Roll L knee out as you step L out
7 – 8 Cross R foot over L starting ¾ turn L, Finish Turn with weight on R

Out-Out Knee Pop, Weave ¼ Turn L, Big Step w/ Drag, Heel Twists x2

&1&2 Step L foot out, Step R foot out, Pop Knees up, Put weight down on R
3&4 Step L foot behind R, ¼ Turn R stepping R forward, Step L foot forward
5 – 6 Take big step forward w/ R, Step L foot beside of R
&7&8 Come up on toes swivel heels R, center, L, center (weight on R)

Step back-forward-forward, 1 ¼ Turn R, Out-Out, Upper Body Twist

&-1-2 Step back on L, Step forward on R, Step forward on L
3 – 4 ½ Turn R putting weight on R, ½ Turn R stepping back on L
5 – 6 ¼ Turn R stepping out on R, Step out on L

7 – 8 Twist body to R looking over R shoulder R hand on butt, Return to center

Jump to Side, Step-Touch-Full Turn, Rock & Cross, Step out w/ Sweep

1 – 2 Jump to R side, Step out to L with L foot

3 – 4 Touch R foot behind L, Unwind Full Turn to R weight ending on R

5-&-6 Rock out on L, Recover on R, Step L across R foot

& - 7 Step out on R foot, Step L foot next to R starting a R sweep behind L

Sailor Step, Free Style last counts with a $\frac{3}{4}$ Walk around to the R

8-&-1 Step R foot behind L foot, Step L foot out, Step R foot forward

2 – 8 This is your time to free style! All you have to do is do it with a $\frac{3}{4}$ turn to the R ending with your weight on the L so you are ready to start with your R kick.

When I taught this the first time we just did a $\frac{3}{4}$ Walk Around for 2 - 8 starting with the L foot, seemed to go over pretty well just with that. If you don't like freestyling!

- The music during the chorus says to get low repeatedly on this part so play around with that.

BEGIN AGAIN!!!!