

Dip Down Low

Count: 64

Wall: 2

Level: High Improver

Choreographer: Grace David (KOR) & Sobrielo Philip Gene (SG) - October 2025

Music: Dip It Low (Remix) - Christina Milian



Intro: 16Counts, A: 32C B: 32C

Seq: AB AAB AABB

Part A: 32c (Dance Starts facing 6:00)

SEC 1: WALK, WALK, FWD SHUFFLE, FWD ROCK-RECOVER, REVERSE 1/2 PADDLE

- 1-2 Step RF forward (1), Step LF forward (2)
- 3&4 Step RF forward (3), lock LF behind LF (&), Step RF forward (4)
- 5&6& Rock LF fwd (5), recover on RF (&), rock LF on L side (6), recover on RF (&)
- 7&8 Rock LF on L side while turning 1/4 to L(7), recover onto RF(&), Step LF on L side(8)

SEC 2: R CROSS, SIDE ROCK-RECOVER, L CROSS, SIDE ROCK-RECOVER, STEP FWD, FWD MAMBO, RUN BACK 2X

- 12& Cross RF over LF(1), Rock LF on L side(2), Recover on RF(&)
- 34& Cross LF over RF (3), Rock RF on R side(4), Recover on LF(&)
- 56&7 Step RF fwd(5), Rock LF fwd(6), Recover on RF(&), Step LF back(7)
- 8& Run RF back(8), Run LF back(&)

SEC 3: STEP BACK, 1/4 TURN W/ TOUCH, 1/4 STEP FWD, 1/4 HITCH, SWAY-SWAY, 1/4 CHASSE

- 1-2 Step RF back (1), Touch LF next to RF while turning 1/4 to R (2)
- 3-4 Turn 1/4 to L stepping LF fwd (3), Turn 1/4 to L hitching RF (4)
- 5-6 Sway to R (5), Sway to L (6)
- 7&8 Step RF to R side (7), Step LF next to RF(&), Turn 1/4 to R stepping RF fwd(8)

SEC 4: PIVOT 1/4, CROSS ROCK-RECOVER, SIDE ROCK-RECOVER, CROSS, 1/4 BACK SHUFFLE, COASTER STEP

- 1&2& Step LF fwd(1), Pivot 1/4 to R(&), Rock LF over RF(2), Recover on RF(&)
- 3&4 Rock LF on L side(3), Recover on RF(&), Cross LF over RF(4)
- 5&6 Turn 1/4 to L stepping RF back(5), Lock LF in front of RF(&), Step RF back(6)
- 7&8 Step LF back(7), Step RF next to LF(&), Step LF fwd(8)

Part B: 32c (Always done facing 12:00)

SEC 1: OUT-OUT, DROP KNEE IN, POP SHOULDER RLRL AS BODY SLOWLY STRAIGHTEN UP, FULL VOLTA TURN

- 1&2 Step RF on R diagonal(1) Step LF on L diagonal(&), Pop R Knee in as yu drop body down
- 3&4& Pop shoulder to R(3), Pop shoulder to L(&), Pop shoulder to R(\$), Pop shoulder to L(&) as you slowly straighten body up
- 5&6& Turn 1/4 to R stepping RF fwd(5), Step LF next to RF(&), Turn 1/4 to R stepping RF fwd(6), Step LF next to RF(&)
- 7&8& Turn 1/4 to R stepping RF fwd(7), Step LF next to RF(&), Turn 1/4 to R stomping RF on R side, Stomp LF on L side

SEC 2: POP R KNEE IN, POP L KNEE IN, POP KNEE IN, TURNING ROCKING CHAIR

- 1 2 Pop R Knee in while L leg straightens(1), POP L Knee in while R leg straightens(2)
- 3&4 Pop R Knee in while L leg straightens(3), POP L Knee in while R leg straightens(&), Pop R Knee in while L leg straightens(4)
- 5&6& Rock RF fwd turning 1/4 to R(5), Recover on LF(&), Rock RF back turning 1/4 to R(6), Recover on LF(&)

7&8& Rock RF fwd turning 1/4 to R(7), Recover on LF(&), Rock RF back turning 1/4 to R(8),
Recover on LF(&)

SEC 3: (Repeat Section 1)

SEC 4: (Repeat Section 2)

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