

LOW DOWN BLUES

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MUSIC: Song: Low Down Blues Artist: Hank Williams, Jr.
MUSIC MEDIA: CD: The Bocephus Box: The Hank Williams, Jr. Collection 1979-1999
Download available from www.walmart.com
Music Modified: No 124 BPM/31 MPM TIME@BPM: 2:32@124 BPM

FOOTWORK: Opposite unless indicated (Woman's footwork in parentheses)

RHYTHM: Jive **RAL Phase:** III

SEQUENCE: INTRO A B C D C A END

MEAS: INTRODUCTION

- 1-4** WAIT; WAIT; POINT STEPS; SWIVEL WALK 4;
- 1-2 M fcg ptr & wall, about 8 ft apt, wait PU notes & 2 measures ;;
3 {PT STPS} Pt L fwd w/ outsd edge of foot in floor contact, fwd L, pt R thru w/ outsd edge of foot in floor contact in line w/ weighted foot, fwd R (W point R fwd w/ outsd edge of foot in contact w/ floor, fwd R, pt L thru w/ outsd edge of foot in contact w/ floor and in line w/ weighted foot, fwd L) ;
4 {SWVL WLK 4} Placing each foot directly in front of the other fwd L, R, L, R (W placing each foot directly in front of the previous foot swvl wlk fwd 4 qk R, L, R, L) ;

PART A

- 1-6** LINK TO SCP; BACK 3 POINT LOD; THROWAWAY; CHANGE RIGHT TO LEFT COH ~ LINK ROCK TO SCP;;;
- 1 {LINK SCP} Rk bk L, rec R, small trpl fwd L/R, L to SCP (W Rk bk R, rec L, small trpl fwd R/L, R to SCP) ;
2 {BK 3 PT} Bk R, bk L, bk R, pt L to LOD (W Bk L, bk R, bk L, pt R to LOD) ;
3 {THRWDY} SCP LOD fwd L/cl R, fwd L leading W to trn LF 1/2 to fc M, fwd R/cl L, fwd R to end in LOP LOD (W fwd R/cl L, fwd R trn LF 1/2 to end LOP RLOD, bk L/cl R, bk L) ;
4 {CHG R TO L} Rk bk L, rec R, sd L/cl R, sd L commence 1/4 LF trn (W rk bk R, rec L, sd R/cl L, fwd R commence 3/4 RF trn undr jnd lead hnds) ;
5 sd & fwd R/cl L to fc COH, sd R (W sd & slightly bk L/cl R, sd & bk L) {LINK RK SCP} Rk bk L, rec R (W Rk bk R, rec L) ;
6 Small trpl fwd L/R, L, sd R/L, R trng 1/4 RF to SCP LOD(W Small trpl fwd R/L, R, sd L/R, L trng 1/4 RF to SCP) ;

- 7-9.5** ROCK RECOVER KICKBALL CHANGE; THROWAWAY; CHANGE LEFT TO RIGHT;;;
- 7 {RK REC} Rk bk L, rec R (W Rk bk R, rec L), {KBCHG} Kck L fwd/take weight on ball of L, replace weight on R (W Kck R fwd/take weight on ball of R, replace weight on L) ;
8 {THRWDY} Same as Part A measure 3 ;
9-9.5 {CHG L TO R} Rk bk L, rec R, sd L/cl R, sd L commence 1/4 RF trn to fc wall (W Rk bk R, rec L, fwd R/cl L, fwd R commence up to 3/4 LF trn undr jnd lead hands) ; sd R/cl L, sd R (W sd L/cl R, sd L complete LF trn to fc ptr), [NOTE: This is only 1/2 measure.]

PART B

- 1-4** LINK TO SCP; BACK 3 POINT LOD; ROCK THE BOAT TWICE; THROWAWAY;
- 1 {LINK SCP} Rk bk L, rec R, small trpl fwd L/R, L to SCP (W Rk bk R, rec L, small trpl fwd R/L, R to SCP) ;
2 {BK 3 PT} Same as Part A measure 2 ;
3 {RK THE BOAT} Fwd L w/ straight knee leaning fwd, w/ rocking motion & relaxed knees cl R leaning backward (W Fwd R w/ straight knee leaning fwd, w/ rocking motion & relaxed knees cl L leaning backward), {RK THE BOAT} Fwd L w/ straight knee leaning fwd, w/ rocking motion & relaxed knees cl R leaning backward (W Fwd R w/ straight knee leaning fwd, w/ rocking motion & relaxed knees cl L leaning backward) ;
4 {THRWDY} Same as Part A measure 3 ;
- 5-9.5** CHANGE HANDS BEHIND THE BACK TWICE;;; DOUBLE ROCK; CHANGE LEFT TO RIGHT TO WALL;;;
- 5 {CHG HNDS BHND BK} Rk bk L, rec R, slightly fwd L/cl R, fwd L trng 1/4 LF & M chg W's R

- hnd to his R hnd (W rk bk R, rec L, fwd R/cl L, fwd R trng 1/4 RF) ;
- 6 Slightly sd & bk R/cl L, sd R trng 1/4 LF to fc ptr & RLOD (W sd L/cl R, sd & bk L trng 1/4 RF to fc ptr & LOD), {CHG HNDS BHND BK} Rk bk L, rec R (W Rk bk R, rec L) ;
- 7 Slightly fwd L/cl R, fwd L trng 1/4 LF & M chg W's R hnd to his R hnd, slightly sd & bk R/cl L, sd R trng 1/4 LF to fc ptr & LOD (W rk bk R, rec L, fwd R/cl L, fwd R trng 1/4 RF, sd L/cl R, sd & bk L trng 1/4 RF to fc ptr & RLOD) ;
- 8 {DBL RK} Rk bk L, rec R, rk bk L, rec R (W Rk bk R, rec L, rk bk R, rec L) ;
- 9-9.5 {CHG L TO R} Same as Part A measures 9-9.5 ,,,

PART C

1-4 START RIGHT TURNING FALLAWAY: SIDE CROSS & RIGHT CHASSE; START RIGHT TURNING FALLAWAY: SIDE CROSS & RIGHT CHASSE;

- 1 {START RF TRNG FALWY} Rk bk L to SCP, rec R to fc, commence 1/4 RF trn sd L/cl R, comp trn sd L to fc COH (W Rk bk R to SCP, rec L to fc, commence 1/4 RF trn sd R/cl L, comp trn sd R to fc wall) ;
- 2 {SIDE X} Sd R, XLif, (W Sd L, XRif), {R CHASSE} Sd R/cl L, sd R (W Sd L/cl R, sd L) ;
- 3 {START RF TRNG FALWY} Rk bk L to SCP, rec R to fc, commence 1/4 RF trn sd L/cl R, comp trn sd L to fc wall (W Rk bk R to SCP, rec L to fc, commence 1/4 RF trn sd R/cl L, comp trn sd R to fc COH) ;
- 4 {SIDE X} Sd R, XLif, (W Sd L, XRif), {R CHASSE} Sd R/cl L, sd R blending to SCP (W Sd L/cl R, sd L blending to SCP) ;

5-9.5 JIVE WALKS ~ POINT STEPS ~ THROWAWAY ~ CHANGE LEFT TO RIGHT TO WALL:::; KICKBALL CHANGE,

- 5 {JV WLKS } Rk bk L, rec R to SCP, fwd L/R, L (W Rk bk R, rec L to SCP, fwd R/L, R) ;
- 6 fwd R/L, R (W fwd L/R, L), {PT STPS} Pt L fwd w/ outsd edge of foot in floor contact, fwd L (W point R fwd w/ outsd edge of foot in contact w/ floor, fwd R) ;
- 7 pt R thru w/ outsd edge of foot in floor contact in line w/ weighted foot, fwd R (W pt L thru w/ outsd edge of foot in contact w/ floor and in line w/ weighted foot, fwd L), {THRWY} SCP LOD fwd L/cl R, fwd L leading W to trn LF 1/2 to fc M (W fwd R/cl L, fwd R trn LF 1/2 to end LOP RLOD) ;
- 8 fwd R/cl L, fwd R to end in LOP LOD (W bk L/cl R, bk L), {CHG L TO R} Rk bk L, rec R (W Rk bk R, rec L) ;
- 9 sd L/cl R, sd L commence 1/4 RF trn to fc wall, sd R/cl L, sd R (W fwd R/cl L, fwd R commence up to 3/4 LF trn undr jnd lead hands, sd L/cl R, sd L complete LF trn to fc) ;
- 9.5 {KBCHG} Kck L fwd/take weight on ball of L, replace weight on R (W Kck R fwd/take weight on ball of R, replace weight on L) ,

PART D

1-6 CHANGE HANDS BEHIND THE BACK TWICE::; LINK ROCK TO SCP ~ JIVE WALKS::;

- 1-3 {CHG HNDS BHD BK 2X} Same as Part B measures 5-7 ;;;
- 4 {LINK RK SCP} Rk bk L, rec R, trpl fwd L/R, L (W Rk bk R, rec L, trpl fwd R/L, R) ;
- 5 sd R/L, R trng 1/4 RF to SCP LOD (W, sd L/R, L trng 1/4 RF to SCP),{JV WLKS} Rk bk L, rec R (W Rk bk R, rec L) ;
- 6 fwd L/R, L, fwd R/L, R (W fwd R/L, R, fwd L/R, L) ;

7-12 SWIVEL WALK 4; POINT STEPS; THROWAWAY TO LOD; CHANGE LEFT TO RIGHT~ CHANGE HANDS BEHIND THE BACK::;

- 7 {SWVL WLK 4} In SCP placing each foot directly in front of the other fwd L, thru R, fwd L, thru R (W placing each foot directly in front of the other foot swvl wlk fwd R, thru L, fwd R, thru L) ;
- 8 {PT STPS} Pt L fwd w/ outsd edge of foot in floor contact, fwd L, pt R thru w/ outsd edge of foot in floor contact in line w/ weighted foot, fwd R (W point R fwd w/ outsd edge of foot in contact w/ floor, fwd R, pt L thru w/ outsd edge of foot in contact w/ floor and in line w/ weighted foot, fwd L) ;
- 9 {THRWY} Same as Part A measure 3 ;
- 10 {CHG L TO R} Rk bk L, rec R, sd L/cl R, sd L commence 1/4 RF trn to fc wall (W Rk bk R, rec L, fwd R/cl L, fwd R commence up to 3/4 LF trn undr jnd lead hands) ;

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- 11 sd R/cl L, sd R (W sd L/cl R, sd L complete LF trn to fc ptr), {CHG HNDS BHND BK} Rk bk L, rec R, (W rk bk R, rec L,) ;
- 12 slightly fwd L/cl R, fwd L trng 1/4 LF & M chg W's R hnd to his R hnd, slightly sd & bk R/cl L, sd R trng 1/4 LF to fc ptr & RLOD (W fwd R/cl L, fwd R trng 1/4 RF, sd L/cl R, sd & bk L trng 1/4 RF to fc ptr & LOD)

13-18 LINK ROCK SCP ~ JIVE WALKS;;; SWIVEL WALK 4; POINT STEPS TWICE;;

- 13-15 {LINK RK SCP} ~ {JV WLKS} Same as Part D measures 4-6 ;;;
 - 16 {SWVL WLK 4} Same as Part D measure 7 ;
 - 17 {PT STPS} Same as Part D measure 8 ;
 - 18 {PT STPS} Same as Part D measure 8 ;
- REPEAT PART C**

PART A MODIFIED

1-6 LINK TO SCP; BACK 3 POINT LOD; THROWAWAY; CHANGE RIGHT TO LEFT COH ~ LINK ROCK TO SCP;;;

1-6 Same as Part A measures 1-6 ;;;; ; ;

7-8 ROCK RECOVER KICKBALL CHANGE; THROWAWAY;

7-8 Same as Part A measures 7-8 ; ;

9-16 CHANGE LEFT TO RIGHT BFLY ~ PROGRESSIVE ROCK ~ VINE 8 ~HOLD;;; ; SLOW UNWIND TO BACK TO BACK POSITION WITH ARMS & JAZZ HANDS;; CALL IT SAFE;

- 9 {CHG L TO R} Rk bk L, rec R, sd L/cl R, sd L commence 1/4 RF trn to fc wall (W Rk bk R, rec L, fwd R/cl L, fwd R commence up to 3/4 LF trn undr jnd lead hands) ;
- 10 sd R/cl L, sd R (W sd L/cl R, sd L complete LF trn to fc ptr), {PROG RK} Rk bk L, rec crossing R slightly in front of L (W Rk bk R, rec crossing L slightly in front of R) ;
- 11 rk bk L, rec crossing R slightly in front of L (W rk bk R, rec crossing L slightly in front of R), {VIN 8} Sd L, XRib (W Sd R, XLib) ;
- 12-13 sd L, XRif, sd L, XRib (W sd R, XLif, sd R XLib) ; sd L, XRif (W sd R, XLif), {HOLD} -, - ;
- 14 {SLO UNWIND} Slowly unwind to back to back position M fcg COH (W fcg wall) using 4 beats of music ; [NOTE: Hold arms down to side with jazz hands while unwinding]
- 15 Continue jazz hands for four beats circling arms up ;
- 16 Use three beats to bring arms down to crossed position in front of chest and drop them to call it safe on the last beat of music ;

QUICK CUES

INTRODUCTION

WAIT; WAIT; PT STPS; SWVL WLK 4;

PART A

LINK TO SCP; BK 3 PT LOD; THRWY; CHG R TO L COH ~ LINK RK TO SCP;;;
RK REC KBCHG; THRWY; CHG L TO R TO WALL,;;

PART B

LINK TO SCP; BK 3 PT LOD; RK THE BOAT 2X; THRWY;
CHG HNDS BHD THE BK 2X;;; DBL RK; CHG L TO R TO WALL,;;

PART C

START R TRNG FALWY: SD X & R CHASSE; START R TRNG FALWY: SD X & R CHASSE;
JV WLKS ~ PT STPS ~ THRWY ~ CHG L TO R TO WALL;;; ; KBCHG,,

PART D

CHG HNDS BHD THE BK 2X;;; LINK RK TO SCP ~ JV WLKS;;;
SWVL WLK 4; PT STPS; THRWY; CHG L TO R ~ CHG HNDS BHD BK;;;
LINK RK TO SCP ~ JV WLKS;;; SWVL WLK 4; PT STPS 2X;;
REPEAT PART C

PART A MODIFIED

LINK TO SCP; BK 3 PT LOD; THRWY; CHG R TO L COH ~ LINK RK TO SCP;;;
RK REC KBCHG; THRWY; CHG L TO R BFLY ~ PROG RKS ~ VINE 8 ~ HOLD;;; ; ;
SLO UNWIND TO BK-BK POS W/ ARMS & JAZZ HANDS;; CALL IT SAFE;