

ROUTINE BREAK-DOWN

Song Name: Dance Low- By Mista Silva

Dance Style: Ghanaian Azonto

Beats per minute: 128

Rhythm: 1, 2, 3, 4, 5, 6, 7, 8

Component: Cardiovascular

Steps & Movements

Footwork	Foot Placement	Arm Styling	Body Movements	Beat value
Double Side Step RF right, both feet pointing RDF LF to RF, both feet pointing forward RF right, both feet pointing RDF Tap LF to RF (repeat on LF to left)	Ball Ball Ball Ball (RF flat)	Arms above head, when stepping to side they point diagonally opposite to direction of movement. When closing hands in middle.	Knees flexed throughout.	Slow Slow Slow Slow
Box Step RF RDF (TW) LF LDF (TW) RF backwards (TW) LF to RF (TW)	Ball Heel Ball Heel Ball Heel Ball Heel	When stepping DF arms come in front of you, Hands come to head when stepping backwards.	Pushing hip outwards with each step.	Slow Slow Slow Slow
Happy Feet with Twists x2 Swivel on heels, LF facing LDF, RF facing RDF Swivel on toes, LF facing RDF RF facing LDF x3 Weight on RF LF pointed LDF Twist knee to right Twist knee to left Bring LF close to RF Lift Left knee	Heels Toe Ball Heel Ball Ball Ball Ball	Arms are loose, hands at hip level, aiding balance during Happy Feet step. Arms crossing and un-crossing in-time with the twisting of the bent knee. Opposite arm to foot is thrown diagonally upwards.	Knees bent throughout. Knee bent	Slow Slow Slow Slow Quick & Slow Slow
Heel and Body Flicks Legs in Plie position x2 Right Heel RDB Right Heel to ground Lift Rib-Cage x2 Left Heel LDB Left Heel to ground Lift Rib-Cage x2	Flat Ball Ball Heel Flat Ball Ball Heel Flat	Hands on Hips Fists to Chest, pulsing with body movement. Hands on Hips Fists to Chest, pulsing with body movement. Hands on Hips	Looking down at twisting foot Lifting ribcage and chest. Lifting ribcage and chest.	 Quick & Quick & Quick & Quick &

Music Map

Section	No of Bars	Beats per bar	Associated Footwork
Intro	4	8	Double Side Step
Verse	4	8	Box Step
Chorus	4	8	Happy Feet with Twists
Interlude	4	8	Double Side Step
Bridge	4	8	Heel and Body Flicks
Verse	4	8	Box Step
Chorus	4	8	Happy Feet with Twists
Interlude	4	8	Double Side Step
Bridge	4	8	Heel and Body Flicks
Verse	4	8	Box Step
Chorus	8	8	Happy Feet with Twists (Double time)
Bridge/Ending	4	8	Double Side Step with Box Step

Additional Teaching Points

- Arms can clasp tummy when stepping forwards on the Box Step.
- Make the Happy Feet step more advanced by performing them in Double Time.