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| **On Body Choreography ‘Low’ by Flo Rida**Chorus:* 3 jabs to the front & shallow squat x 8
* Alternate leading arm: Right x 4, Left x 4

Verse:* Cross body punches – option to add punch up in between for more intensity

Repeat ChorusRepeat VerseChange direction of hoop – straight into cross body punches | Impact/ability options:* Remove the shallow squat
* Option to add punch up with both arms in between cross body punches for more intensity
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