|  |  |
| --- | --- |
| Slow Down Brother |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Gaye Teather (UK) - May 2015 | | | | |
| **Music:** | Slow Down - Douwe Bob | | | | |
| . | | | | | | |

**#8 count intro. The track begins with a ticking clock sound. Count 8 beats of the clock and start on the first vocal)**

**Track available to download from Amazon and iTunes - Dance rotates in CCW direction**

**Heel grind quarter turn Right. Coaster step. Step. Pivot quarter turn Right. Cross shuffle**

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| --- | --- |
| 1 – 2 | Step Right heel forward. Quarter turn Right grinding Right toes to Right side (weight ends on Left) |

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| --- | --- |
| 3&4 | Step back on Right. Step Left beside Right. Step forward on Right |

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| --- | --- |
| 5 – 6 | Step forward on Left. Pivot quarter turn Right (Facing 6 o’clock) |

|  |  |
| --- | --- |
| 7&8 | Cross Left over Right. Step Right to Right side. Cross Left over Right |

**Right side rock. Behind-side-cross. Side Left. Touch. Right kick-ball-cross**

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| --- | --- |
| 1 – 2 | Rock Right to Right side. Recover onto Left |

|  |  |
| --- | --- |
| 3&4 | Cross Right behind Left. Step Left to Left side. Cross Right over Left |

|  |  |
| --- | --- |
| 5 – 6 | Step Left to Left side (long step) Touch Right beside Left |

|  |  |
| --- | --- |
| 7&8 | Kick Right foot forward. Step Right beside Left. Cross Left over Right |

**Quarter turn Left. Half turn Left. Right shuffle forward. Forward rock. Back. Touch**

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| --- | --- |
| 1 – 2 | Quarter turn Left stepping back on Right. Half turn Left stepping forward on Left (Facing 9 o’clock) |

|  |  |
| --- | --- |
| 3&4 | Step forward on Right. Step Left beside Right. Step forward on Right |

|  |  |
| --- | --- |
| 5 – 6 | Rock forward on Left. Recover onto Right |

|  |  |
| --- | --- |
| 7 – 8 | Long step back on Left. Touch Right in front of Left (weight remains on Left)\* |

**Option: Click fingers of both hands at shoulder height leaning back slightly as you touch Right in front of Left on count 8\* Restart from beginning at this point during wall 8. You will be facing 12 o’clock**

**Right shuffle forward. Forward rock. Full turn Left (travelling back). Coaster step**

|  |  |
| --- | --- |
| 1&2 | Step forward on Right. Step Left beside Right. Step forward on Right |

|  |  |
| --- | --- |
| 3 – 4 | Rock forward on Left. Recover onto Right |

|  |  |
| --- | --- |
| 5 – 6 | Half turn Left stepping forward on Left. Half turn Left stepping back on Right (Facing 9 o’clock) |

**Option for counts 5 – 6: Walk back Left. Right**

|  |  |
| --- | --- |
| 7&8 | Step back on Left. Step Right beside Left. Step forward on Left |

**Start again**

**The track will slow down very near the end. Slow your steps along with it. To finish facing front dance up to count 6 of final section, i.e. full turn Left (or walk back Left, Right). Then make another half turn Left stepping forward on Left and stomp Right beside Left!**

**Choreographer’s Note: For Joe who recommended this great song!**