Slow Down Brother

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

1 – 2	Step Right heel forward. Quarter turn Right grinding Right toes to Right side (weight ends on Left)
3&4	Step back on Right. Step Left beside Right. Step forward on Right
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

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

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!