

Slow Motion

Count: 32

Wall: 4

Level: Improver - Non-Country

Choreographer: Taren Wilhelm (USA) - March 2025

Music: Slow Motion - Marshmello & Jonas Brothers

or: Body Like a Back Road - Sam Hunt



4th place in Non-Country Division for Choreography Competition at 2025 Sunshin N Line / World Dance Masters - Florida

Notes:

-start on lyrics of first verse

*skip counts 1&2 of second section when starting the dancing facing 9:00 on walls 2 and 6

**1 restart on wall 4 facing 12:00 after 18counts

[ADDITIONAL SONG OPTION: "Body Like a Back Road" by Sam Hunt (for simplicity, no tags or restarts!)]

[1 - 8] RIGHT: Points, Sailor ¼ turn; LEFT: Points, Sailor ¼ turn

1, 2 Point R fwd (1), Point R to side (2)

3&4 Step R (ball of foot) diagonal behind L (3), Step L (ball of foot) next to R (&), Step R fwd making a ¼ turn over right shoulder (4) [3:00]

5, 6 Point L fwd (5), Point L to side (6)

7&8 Step L (ball of foot) diagonal behind R (7), Step R (ball of foot) next to L (&), Step L fwd making a ¼ turn over left shoulder (8) [12:00]

[9 – 16] Cross/Back Points, Body Rolls, Sailor ¼ turn

1, 2 Cross Point R in front of L (1), Point R to diagonal back (2)*

3, 4& Start body roll from head (3), Finish body roll transferring weight to R (4), Step L next to R (&)

5, 6& Start body roll from head (5), Finish body roll transferring weight to R (6) [settle hold for &]

7&8 Step L (ball of foot) diagonal behind R (7), Step R (ball of foot) next to L (&), Step L fwd making a ¼ turn over left shoulder (8) [9:00]

*NOTE: will skip counts 1 and 2 when starting the dance facing 9:00 on walls 2 and 6

[17 - 24] RIGHT: Point Switches**, Point Hitch Point; LEFT: Point Switches, Point Hitch Point

1& 2& Point R to R (1), Step R next to L (&), Point L to L (2), Step L next to R (&)**

3&, 4& Point R to R (3), Hitch R (&), Point R to R (4), Step R next to L (&)

5&, 6& Point L to L (5), Step L next to R (&), Point R to R (6), Step R next to L (&)

7&, 8 Point L to L (7), Hitch L (&), Point L to L (8) [9:00]

**NOTE: will restart the dance here on wall 4 facing 12:00 after 18counts

[25 – 32] Walk, Walk, ¼ Cross, hitch, ¼ back, ¼ hitch, ¼ shuffle

1, 2 Walk L fwd (1), Walk R fwd (2)

3, 4 Cross L fwd making a ¼ turn over left shoulder (3), Hitch R (4)

5, 6 Step R back making a ¼ turn over left shoulder (5), Hitch L making a ¼ over left shoulder (6)

7&8 Step L fwd making a ¼ turn over left shoulder (7), Step R next to L (&), Step L fwd (8) [9:00]

Stepsheet & Choreo Questions:

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Last Update: 29 May 2025