

Slow Down

Count: 32

Wall: 4

Level: High Improver

Choreographer: Hiroko Carlsson (AUS) - May 2025

Music: Slow Down - Zach John King



Intro: 32 counts

[S1] Box 1/4R, Cross, 1/4R Back, Shuffle Back

- 1 2 Cross R over L, Make a ¼ turn right stepping back on L (3:00)
- 3 4 Step R to the side, Step forward on L
- 5 6 Cross R over L, Make a ¼ turn right stepping back on L (6:00)
- 7&8 Shuffle back on R-L-R

[S2] Back Rock, Shuffle Fwd, Step-Pivot 1/2L, Roll Fwd-

- 1 2 Rock forward on L, Replace weight on R
- 3&4 Shuffle forward on L-R-L
- 5 6 Step forward on R, Make a ½ turn left recover weight on L (12:00)
- 7 8 Make a ½ turn left stepping back on R (6:00), Make a ½ turn left stepping forward on L (12:00)

[S3] -1/4L Side-Together, Shuffle Fwd, Side-Together, Back, Touch

- 1 2 Make a ¼ turn left stepping R to the side (9:00), Step L next to R
- 3&4 Shuffle forward on R-L-R
- 5 6 Step L to the side, Step R next to L
- 7 8 Step back on L, Touch R next to L

[S4] Side, Touch, Rolling Vine L w/ Touch, Hip Bump R-L

- 1 2 Step R to the side, Touch L next to R
- 3 4 Make a ¼ turn left stepping forward on L (6:00), Make a ½ turn left stepping back on R (12:00)
- 5 6 Make a ¼ turn left stepping L to the side (9:00), Touch R next to L
- 7 8 Step R to the side hip bump to the right-left

No tags or restart.

Ending recommendation: The last wall begins at 9:00. Dance the 4 counts facing 12:00.

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