

Slow Down Brother

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Sebastiaan Holtland (NL) - March 2016

Musique: Slow Down - Douwe Bob : (CD: Fool Bar 2016 - iTunes & other mp3 sites - 2:46)



Introduction: 32 counts, start on approx 19 sec.

Sequence: 32, 32, 32, 32, 32, 32, 24, Restart, 32, 32 ending (9 o'clock).

Part I. 1-8: Side, Together, ¼ L, Sweep ¼ L, Cross, Side, ¼ R, Coaster Step R.

- 1-2 Step L to L, Step R next to L.
- 3-4 Making ¼ turn L (9) step L forward, Making ¼ turn L (6) sweep R from back to front.
- 5-6 Step R across L, Step L to L.
- 7&8 Making ¼ turn R (9) step R back, Step L next to R, Step R forward.

PART II. 9-16: Step, Side, L Sailor Step, ½ Pivot Turn L, ½ L, Back, ¼ L, Side.

- 1-2 Step L forward, Step R to R.
- 3&4 Step L behind R, Step R to R, Step L forward.
- 5-6 Step R forward, Pivot ½ Turn L (3) onto L.
- 7-8 Making ½ turn L (9) step R back, Making ¼ turn L (6) step L to L.

PART III. 17-24: Cross, ¼ R, Back, Back & Touch, Hold x3.

- 1-2 Step R across L, Making ¼ turn R (9) step L back.
- &3-4 Step R back, touch L forward, Hold.
- &5-6 Step L back, touch R forward, Hold.
- &7-8 Step R back, touch L forward, Hold.

Restart here in WALL 7 after 24 counts, after start again (facing 3 o'clock).

PART IV. 25-32: Step, ¼ Monterey Turn R, Side Rock / Recover ¼ L, Step.

- 1-4 Step L forward, Point R out to R, Pivot ¼ turn R (12) step Rf beside Lf, Point L out to L.
- 5-8 Step L next to R, Step R to R, Making ¼ turn L (9) recover back onto L, Step R forward.

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