

# Slow Down

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Guylaine Bourdages (CAN) - May 2016

**Musique:** Slow Down - Douwe Bob : (Album: Single)



**Intro : 32 counts**

## SECTION 1

**[1-8] RF cross Rock Step, Chassé RLR, LF cross in front of RF, 1/4L RF back, 1/4L Chassé LRL**

- 1-2 RF cross in front of LF (1), Recover on LF (2)
- 3&4 RF to right (3), LF beside RF (&), RF to right (4)
- 5-6 LF cross in front of RF (5), 1/4L RF back (6) (9H)
- 7&8 (1/4L) LF to left (7) , RF beside LF(&), LF to left(8) (6H)

## SECTION 2

**[9-16] RF cross Rock Step, Chassé RLR, LF Jazz Box 1/4L, Finish RF point to right**

- 1-2 RF cross in front of LF (1), Recover on LF (2)
- 3&4 RF to right (3), LF beside RF (&), RF to right (4)
- 5-8 LF cross in front of RF (5), 1/4L RF back (6), LF to left(7), Point RF to right (8) (3H)

**TAG here on wall 7**

## SECTION 3

**[17-24] RF Forward, Hitch LF, LF back, RF beside LF, LF forward, Hitch RF, RF back, LF beside RF**

- 1-4 RF forward (1), Hitch left knee (2), LF back(3), RF beside LF(4)
- 5-8 LF forward (5), Hitch right knee (Hitch) (6), RF back(7), LF beside RF(8)

## SECTION 4

**[25-32] Stomp RF forward, Hold, LF beside RF, Triple Step forward RLR, Rock Step LF forward, LF back, Point RF to right**

- 1-2 Stomp RF forward(1), Hold(2)
- &3&4 LF beside RF (&), RF forward (3), LF beside RF(&), RF forward(4)
- 5-6 LF forward (5), Recover on RF (6)
- 7-8 LF back (7), Point RF to right(8)

## TAG VERY EASY ON WALL 7

**Dance the 16 first counts the dance . You are now facing 9H**

**TAG RF Forward, Hitch LF, LF back, Touch RF beside LF, Side Touch (clap, Side Touch (clap)**

- 1-4 RF forward (1), Hitch left knee (Hitch) (2), LF back (3), Touch RF beside LF (4)
- 5-6 RF to right (5), Touch LF beside RF (CLAP) (6)
- 7-8 LF to left (7), Touch LF beside RF (CLAP) (8)

**And Start again WITHOUT PAUSE ...**

**FINAL: On the last wall, on section 4 after the rock Step turn 1/4L and touch on counts 7-8**

**Keep Smiling and thank you to dance my choreographies**

**Contact: [www.guylainebourdages.com](http://www.guylainebourdages.com) - [www.coachingdanse.com](http://www.coachingdanse.com) - [gbourdages@hotmail.com](mailto:gbourdages@hotmail.com)**