# Slow Down



Compte: 32 Mur: 4 Niveau: Intermediate

Chorégraphe: Tomasz & Angela (DE) - September 2020

Musique: Slow Down - Gone West : (Album: Canyons)



Note: The dance begins after 32 beats with the singing

Abbreviations: RF - right foot :: LF - left foot

#### S1: Step, touch behind, back, kick, shuffle back, rock back

1-2 step forward with right - touch left toe behind RF

3-4 step backwards with left - kick RF forward

5 & 6 Step backwards with right - put LF on right and step forward back with right

7-8 step back with left - weight back on RF

#### S2: Step, touch behind, back, kick, shuffle back, rock back

1-2 step forward with left - touch right toe behind LF3-4 step backwards with right - kick LF forward

5 & 6 Step backwards with left - move RF to left and step backwards with links

7-8 step backwards with the right - weight back on the LF

(Restart: In the 5th round - towards 12 o'clock - after '1' break off here and the dance start over)

## S3: Quarter turn I / chassé r, quarter turn I / chassé I, quarter turn I / chassé r, rock back

1 & 2 quarter turn left and step right with right - LF on right sit down and step right with right (9

o'clock)

3 & 4 quarter turn counterclockwise and step left with left - RF to left sit down and step left with left

(6 o'clock)

5 & 6 quarter turn left and step right with right - LF on right sit down and step right with right (3

o'clock)

7-8 step back with left - weight back on RF

### S4: Cassé I, rock back, vine r with close

1 & 2	step to the left wit	n left - put RF on	left and step to	the left with links

3-4 step backwards with right - weight back on the LF

5-6 step right with right - cross left behind right

7-8 step to the right with right - put left to right