

Slow Down

Compte: 64

Mur: 4

Niveau: Intermediate



Chorégraphe: Nicky Tan (MY) - September 2013

Musique: Slow Down - Selena Gomez

Dance starts after 2x8s from the beginning of music

Section 1 : Forward Full Turn, R Side Step, Hip Circle

- 1-4 Step RF forward, Turn 1/2 R & Step LF back, Turn 1/2 R & Step RF forward, Step LF forward
- 5-8 Step RF to side, Do a hip circle clockwise over 3 counts (12:00)

Section 2 : Step together, Hold, Step Together, Walk back

- 1,2 Close LF together, Hold
- &3,4 Step RF to side, Close LF together, Hold
- 5-8 Step RF back, Step LF back, Step RF back, Step LF back

Section 3 : Monterey Step with 1/4 R Turns 2x, end with a Hitch

- 1,2 Touch RF to side, Hold
- &3,4 Step RF beside LF, Turn 1/4 R & Touch LF to side, Hold
- &5,6 Step LF beside RF, Touch RF to side, Hold
- &7,8 Step RF beside RF, Turn 1/4 R & Touch LF to side, Hitch LF

Section 4 : Cross, Side, Behind, Side, Cross, Point, 1/2 R Turn with a Hook, Step, Hold

- 1,2 Cross LF over RF, Step RF to side
- 3&4 Cross LF behind RF, Step RF to side, Cross LF over RF
- 5,6 Point RF to side, Turn 1/2 R with weight on LF & Hitch RF
- 7,8 Step RF forward, Hold

Section 5 : Step & Flick, Hitch 3x, Step forward, Pivot 1/2 R

- 1 Step LF forward & Flick RF back,
- 2 Step RF back & Hitch LF & slightly lean backwards
- 3,4 Repeat Step 1,2
- 5,6 Repeat Step 1,2
- 7,8 Step LF forward, Turn 1/2 R weight on RF

Section 6 : Touch L forward, Hip Circles, Forward Body Roll

- 1,2 Touch LF forward & do a Left hip circle clockwise
- 3,4 Repeat another left hip circle
- 5,6 With LF still in place (touching forward) & do a forward body roll
- 7,8 Repeat another forward body roll

Section 7 : Step Touch 4x with a 1/4 R Turn

- 1,2 Step LF to side, Touch RF behind LF
- 3,4 Step RF to side, Touch LF behind RF
- 5,6 Turn 1/4 R & Step LF to side, Touch RF behind LF
- 7,8 Repeat Steps 3,4

Section 8 : LF Cross, RF Cross, Back, Side, Twist R then Left, Hold

- 1,2 Cross LF over RF, Cross RF over LF
- 3,4 Step LF back, Step RF to side
- 5 Swivel both heels to R side with weight on RF
- 6-8 Swivel both heels to L side with weight on LF & Hold over 2 counts

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Last Revision - 8th Jan 2014
