

# Slow Motion

拍数: 32      墙数: 4      级数: Improver  
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音乐: Slow Motion - Marshmello & Jonas Brothers



Intro: 16 counts

## Section 1 - Step, Point, Sailor ½ Turn, Walk, Walk, Anchor Step

1-2      LF step forward, RF point side  
3&4      ½ turn R & RF cross behind LF, LF step side, RF step forward 6:00  
5-6      LF walk forward, RF walk forward  
7&8      LF lock behind RF, recover on RF, LF step back

## Section 2 - Rock Back, Recover, Step Fwd, ½ Pivot, ¼ Large Side, Drag, Behind-Side-Cross

1-2      RF rock back, recover on LF  
3-4      RF step forward, make ½ turn L putting weight on LF 12:00  
5-6      ¼ turn L & RF large step side, drag LF towards RF 9:00  
7&8      LF cross behind RF, RF step side, LF cross over RF

## Section 3 - Side Rock/Recover, Cross Shuffle, ¼ Back, Side, Cross Shuffle

1-2      RF rock side, recover on LF  
3&4      RF cross over LF, LF step side, RF cross over LF  
5-6      ¼ turn R & LF step back, RF step side 12:00  
7&8      LF cross over RF, RF step side, LF cross over RF

## Section 4 - Side, Hold, Ball, Side Rock, ¼ Recover, Step-Lock-Step, Prissy Walks

1-2      RF step side, hold  
&3-4      LF close on ball next to RF, RF rock side, ¼ turn L & recover on LF 9:00  
5&6      RF step forward, LF lock behind RF, RF step forward  
7-8      LF step forward (slightly across R), RF step forward (slightly across L)  
(Optional: full turn in stead of prissy walks)

## EXTRA'S

Restart: In wall 4 dance up to count 16,  
then start again but replace count 1 with snapping your fingers cause your weight is already on the LF,  
continue the dance with count 2. 12:00

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Last Update: 14 Apr 2025