

Slow Down

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Heather Jayne Endall (AUS) - April 2025
音乐: Slow Down - Zach John King



No Tags No Restarts

SECTION 1: FWD HEEL GRIND, ¼ TURN, BACK, TOUCH, ROCK BACK, RECOVER, SHUFFLE FORWARD

- 1,2,3,4 Step Fwd on R grind heel ¼ turn over R to (3:00), Step back on L, Step back on R, Touch L beside R
- 5,6,7&8 Rock back on L, Recover weight on R, Step Fwd on L, Step R beside L (&), Step Fwd on L

SECTION 2: FWD, PIVOT ½, WALK, WALK, SIDE, TOUCH BEHIND, SIDE, TOUCH BEHIND

- 1,2,3,4 Step Fwd on R, Turn ½ over L shoulder (9:00) recover weight on L, Step Fwd on R, Step Fwd on L
- 5,6,7,8 Step R to R side, Touch L behind R, Step L to L side, Touch R behind L

SECTION 3: HEEL SWITCHES, HIP BUMPS, HEEL SWITCHES, HIP BUMPS

- 1&2&3&4 Dig R heel Fwd, Replace R next to L (&), Dig L heel Fwd, Replace L next to R (&) Rest R heel Fwd as you bump your hip to the L, Bump hip L again.
- &5&6&7&8 Replace R next to L (&), Dig L heel Fwd, Replace L next to R (&), Dig R heel Fwd, Replace R next to L (&), Rest L heel Fwd as you bump your hip to the R, Bump hip R again.

SECTION 4: BALL, ROCK, RECOVER, BACK, HITCH, BACK, HITCH, ROCK BACK, RECOVER

- &1,2,3,4 Replace L beside R (&), Rock Fwd on R, Recover weight L, Step back on R, Hitch L
- 5,6,7,8 Step back on L, Hitch R, Rock back on R, Recover weight on L

**** Turning Option on Back Hitch: Step back on R, Hitch L ½ turn L (3:00), Fwd L, Hitch R ½ turn L (9:00), Rock back on R, Recover weight on L**

Finish the dance (Wall 10) with ¼ heel grind, you will be facing 12:00

Thanks ever so much for taking a look at "Slow Down" to the gorgeous song Slow Down by Zach John King.

Please feel free to get in touch with any comments or questions.

Email: Heather@kindlinesdanceco.com.au or Mobile: +61 417 955 752