

Slow Motion EZ

拍数: 32 墙数: 2 级数: High Beginner
编舞者: Theresa Goodrich (USA) - April 2025
音乐: Slow Motion - Marshmello & Jonas Brothers



Dance starts after 16 counts.

WALK, WALK, SHUFFLE FORWARD, ROCK, RECOVER, SHUFFLE ½ TURN

1,2 Walk R, L
3&4 Shuffle forward R, L, R
5,6 Rock forward on L, recover on R
7&8 Turn ½ left, shuffling L, R, L (6:00)

ROCK SIDE RIGHT, RECOVER, CROSSING SHUFFLE, ROCK SIDE LEFT, RECOVER, CROSSING SHUFFLE

1,2 Rock R to side, recover L
3&4 Cross right over left, step left together, cross right over left
5,6 Rock L to side, recover R
7&8 Cross left over right, step right together, cross left over right *Restart here during Wall 4

TAP, KICK, BEHIND, SIDE, CROSS, TAP, KICK, BEHIND, SIDE, CROSS

1,2 Tap R toe next to left foot, kick right foot out to right side
3&4 Cross R behind L, step L to side, cross R over L
5,6 Tap left toe next to R foot, kick left foot out to left side
7&8 Cross L behind R, step R to side, cross L over R

STEP R TO SIDE, TAP L BEHIND, STEP L TO SIDE, TAP R BEHIND, ROCK/SIT BACK RIGHT, RECOVER X 2

1,2 Step R to side, tap L toe behind (Optional snap fingers to right side)
3,4 Step L to side, tap R toe behind (Optional snap fingers to left side)
5,6 Rock back on R foot, sitting into right hip and popping left knee forward, recover on L
7,8 Rock back on R foot, sitting into right hip and popping left knee forward, recover on L

RESTART: BEGIN WALL 4 AT 6:00, DANCE 16 COUNTS AND RESTART AT 12:00

Last Update: 6 May 2025