

# Slow Down

拍数: 32      墙数: 4      级数: High Improver  
编舞者: Hiroko Carlsson (AUS) - May 2025  
音乐: Slow Down - Zach John King



Intro: 32 counts

**[S1] Box 1/4R, Cross, 1/4R Back, Shuffle Back**

1 2      Cross R over L, Make a ¼ turn right stepping back on L (3:00)  
3 4      Step R to the side, Step forward on L  
5 6      Cross R over L, Make a ¼ turn right stepping back on L (6:00)  
7&8      Shuffle back on R-L-R

**[S2] Back Rock, Shuffle Fwd, Step-Pivot 1/2L, Roll Fwd-**

1 2      Rock forward on L, Replace weight on R  
3&4      Shuffle forward on L-R-L  
5 6      Step forward on R, Make a ½ turn left recover weight on L (12:00)  
7 8      Make a ½ turn left stepping back on R (6:00), Make a ½ turn left stepping forward on L (12:00)

**[S3] -1/4L Side-Together, Shuffle Fwd, Side-Together, Back, Touch**

1 2      Make a ¼ turn left stepping R to the side (9:00), Step L next to R  
3&4      Shuffle forward on R-L-R  
5 6      Step L to the side, Step R next to L  
7 8      Step back on L, Touch R next to L

**[S4] Side, Touch, Rolling Vine L w/ Touch, Hip Bump R-L**

1 2      Step R to the side, Touch L next to R  
3 4      Make a ¼ turn left stepping forward on L (6:00), Make a ½ turn left stepping back on R (12:00)  
5 6      Make a ¼ turn left stepping L to the side (9:00), Touch R next to L  
7 8      Step R to the side hip bump to the right-left

No tags or restart.

Ending recommendation: The last wall begins at 9:00. Dance the 4 counts facing 12:00.

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