

# Slow Down

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Phyll Marshall (CAN)  
音乐: Slow Down - The Dean Brothers



## RIGHT VINE IN PLACE

1-2-3      Step right to side, step left behind right, step right to side  
3-4-6      Step left to side, step right behind left, step left to side  
7-8      Step right and left in place

## RIGHT KICK-BALL-CHANGE TWICE, JAZZ SQUARE TURNING ¼ RIGHT

1&2      Kick right foot forward, step on ball of right foot, step left beside right  
3&4      Kick right foot forward, step on ball of right foot, step left beside right  
5-6-7-8      Step right across left, step back on left, step right to side at ¼ turn right, step forward on left

## SLOW PIVOT ½ TURN LEFT, DWIGHT RIGHT

1-2      Step forward on left, hold  
3-4      Pivot ½ turn left and shift weight to left foot, hold  
5      Touch right toe to left instep while turning left heel to the right  
6      Touch right heel to left instep while turning left heel to left  
7      Touch right toe to left instep while turning left heel to the right  
8      Touch right heel to left instep while turning left heel to left (end with weight on right foot)

## WHALE TAIL BACK

1-2      Step left behind right, step right to side  
3-4      Step left forward on diagonal, lock right behind left foot  
5-6      Step left to side, step right beside left  
7-8      Step left behind right, step right beside left

## ROCK, RECOVER, COASTER, TOE/HEEL STRUTS ON DIAGONAL

1-2      Rock left foot forward, recover to right foot  
3&4      Step back on left, step right beside left, step forward on left  
5-6      Moving on a slight diagonal to the right, touch right toe to floor, lower heel to floor (optional snap fingers)  
7-8      Touch left toe across in front of right foot, lower heel to floor (optional snap fingers)

## LINDY RIGHT AND LEFT

1&2      Step right to side, step left beside right, step right to side  
3-4      Rock back on left foot, recover to right foot  
5&6      Step left to side, step right beside left, step left to side  
7-8      Rock back on right foot, recover to left foot

## REPEAT

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