

# Slow Motion

拍数: 32      墙数: 2      级数: Improver  
编舞者: Iris M. Mooney (USA)  
音乐: You Walked In - Lonestar



## **SLIDE STEP FORWARD (45 DEGREES), TOUCH BACK AT A ANGLE, RIGHT & LEFT FOOT (SLOW SYNCOPATION STEP) A SKATING MOTION**

- 1            Slide right foot forward with knee bent at a 45 degrees angle right
- &           Straighten right knee up
- 2            Touch left toe back at a angle left
- 3            Slide left foot forward with knee bent at a 45 degrees angle left
- &           Straighten left knee up
- 4            Touch right toe back at a angle right
- 5            Slide right foot forward with knee bent at a 45 degrees angle right
- &           Straighten right knee up
- 6            Touch left foot back at a angle left
- 7            Slide left foot forward
- &           Straighten left knee up
- 8            Touch right toe straight back

## **TOE TWISTING RIGHT TOE( LEFT & RIGHT)**

- 9            Twist right toe in towards left instep touching floor
- 10           And twist right toe pointing right touching floor
- 11           Twist right toe in towards left instep
- 12           And step right foot in place

## **TOE TWISTING LEFT TOE (RIGHT & LEFT)**

- 13           Twist left toe in towards right instep touching floor
- 14           And twist left toe pointing left touching floor
- 15           Twist left toe in towards right instep touching floor
- 16           And step left foot in place

## **½ TURN RIGHT, SHUFFLE IN PLACE**

- 17           Put ball of right foot behind left foot, turning ½ right
- 18           Keeping weight on right foot
- 19           Step left foot in place
- &           Step right foot in place
- 20           Step left foot in place

## **¼ TURN LEFT SHUFFLE ¼ TURN RIGHT SHUFFLE**

- 21           On ball of right foot turn ¼ left
- &           Step left next to right foot
- 22           Step right foot next to left foot
- 23           On ball of left foot turn ¼ right
- &           Step right foot next to left foot
- 24           Step left foot next to right foot.

## **TOE-HEEL TOUCHES BACKWARDS WITH A SNAP**

- 25-26       Step right toe back, snap your fingers as you put your heel down
- 27-28       Step left toe back, snap your fingers as you put your heel down
- 29-30       Step right toe back, snap your fingers as you put your heel down

31-32

Step left toe back, snap your fingers as you put your heel down

**REPEAT**

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