

Slow Down Baby

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Ryan Wareing (UK) - March 2008
音乐: Slow Down Baby - Christina Aguilera : (Album: Back to Basics)



Start on vocals

ROCK, RECOVER, OUT, OUT SHOULDER POPS, BALL CROSS, SIDE, TRIPLE FULL TURN, SIDE.

- 1,2, Rock back on right foot, recover weight on to left foot.
- &3, Step right to right side, step left foot to left side.
- &4, Pop right shoulder, pop left shoulder.
- &5,6, Step right foot next to left foot, cross left foot over right, step right foot to right side.
- 7&8, Triple full turn over left shoulder stepping left, right, left.
- & Step right foot to right side.

BEHIND, SIDE, HEEL, BALL CROSS, SIDE, HEEL, BALL, TOUCH, TOUCH, SALIOR ½ TURN.

- 1&2, Step left foot behind right, step right to right side, touch left heel to left side,
- &3, Step left foot to left side, cross right foot over left,
- &4, Step left foot to left side, touch right heel to right side.
- &5,6, Step right foot to right side, touch left toe forwards, touch left toe to left side.
- 7&8, ½ turn over left shoulder stepping left, right, left. (6 o'clock)

RESTART on 5th wall end of this section (1st 16 counts)

SIDE, TOGETHER, CROSS SHUFFLE, ½ OUT, OUT, BOUNCE, BOUNCE.

- 1, 2, Step right foot to right side, step left foot next to right foot.
- 3&4, Cross right foot over left foot, step left foot to left side, cross right foot over left foot.
- 5, ¼ turn over left shoulder stepping left foot to left side (9 o'clock).
- 6, Step right foot to right side.
- 7, 8, Roll hips anti-clockwise twice while bending your knees during each rotation. (transfer weight on to your left foot)

BALL CROSS, KICK BALL CROSS, ROCK AND CROSS, TURN ¼, TURN ½, TURN ½

- &1 Step right foot next to left, cross left foot over right.
- 2&3 Kick right foot to the diagonal, step right foot to right side, cross left foot over right.
- 4&5 Rock right foot to right side, recover weight on to left foot, cross right foot over left.
- 6, ¼ turn over left shoulder step left foot forward. (12 o'clock)
- 7, ½ turn over left shoulder step back on the right. (6 o'clock)
- 8, ½ turn over left shoulder step left foot forward. (12 o'clock)

RIGHT SHUFFLE, ROCK RECOVER ¼, BEHIND SIDE CROSS, HIP BUMPS X2 WITH A SIDE

- 1&2, Step right foot forward, step left foot next to right, step right foot forward.
- 3&, Rock forward on the left foot, recover weight on to right foot,
- 4, ¼ turn over left shoulder stepping left foot to left side. (3 o'clock)
- 5&6, Step right foot behind left, step left foot to left side, cross right foot over left.
- 7&8, Bump hips left, right, left – stepping left foot to left side.

ROCK RECOVER ¼, STEP 1/2 PIVOT, KICK, BALL, TOUCH, BALL, SIDE ROCK RECOVER STEP.

- 1&, Rock forward on the right foot, recover weight on left.
- 2, ¼ turn over right shoulder step right foot forward.
- 3, 4 Step left foot forward, ½ pivot turn over right shoulder, weight on to right. (6 o'clock)
- 5&6 Kick left foot forward, step left foot next to right, touch right toe next to left foot.
- &7 Step right foot next to left, rock left foot to left side.

&8 Recover weight on right, step left foot next to right.

START AGAIN
