

Nice and Slow

拍数: 32 墙数: 4 级数: Intermediate - NC2
编舞者: Scott Blevins (USA) - May 2012
音乐: Soldier - Gavin DeGraw : (Album or Single: Sweeter)



16 count intro, to start 1 beat before lyrics (the word Where is count 2)

[1 – 8]

1,2& (1) Step R to right; 2) Turn ½ right stepping L next to R; &) Turn ½ right stepping R to right
3,4 (3) Rotate body to right from waist up, while bending Right knee and pointing L toe to left; 4)
Turn ¼ left stepping forward on L [9:00]
5&6 (5) Step R forward; &) Pivot ½ left over left shoulder taking weight on L [3:00] 6) Turn ¼ left
stepping R to right [12:00]
7&8 (7) Step on ball of L behind R: &) Step on ball of R next to L; 8) Step L to left

[9-16]

1,2 (1) Turn ½ left rocking on R to right side pushing hip over R foot; 2) Recover weight to L
[6:00]
3,4& (3) Turn ½ left and step R a large step to right [12:00]; 4) Step on ball of L behind R; &) Step
R across L
5,6& (5) Step L a large step to left; 6) Rock R across L; &) Recover weight back on L
7,8& (7) Step R a large step to right; 8) Step ball of L across R; &) Unwind 1 full turn to right taking
weight on R [12:00]

[17-24]

1,2& (1) Step L to left; 2) Step R behind L; &) Turn ¼ left stepping forward on L [9:00]
3&4 (3) Step R forward; &) Pivot ½ turn left, rotating hips counter clockwise, 4) Take weight
forward onto L foot [3:00]
5&6& (5) Take a small step forward on R bending knees slightly and pushing knees to right; &) Take
a small step forward on L bending knees slightly and pushing knees to left; 6) Rock forward
on R; &) Recover back on L
7,8& (7) Turn ¼ right over R shoulder stepping R a large step to right; [6:00] 8) Step ball of L
across R; &) Unwind 1 full turn to right taking weight on R [6:00]

[25-32]

1,2& (1) Step L to left side; 2) Step R behind L; &) Turn ¼ left stepping forward on L [3:00]
3,4 (3) Step R forward; 4) Pivot ¾ turn left over L shoulder taking weight onto L [6:00]
5&6& (5) Step R to right; &) Step L behind R; 6) Step R to right; &) Step L forward and across R
7,8 (7) Step R forward; 8) Pivot ¾ left over L shoulder taking weight on L [9:00]

Begin Again and Enjoy!

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