

Slow Down

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Slow Down - Gone West : (Album: Canyons)



Note: The dance begins after 32 beats with the singing

Abbreviations: RF - right foot :: LF - left foot

S1: Step, touch behind, back, kick, shuffle back, rock back

- 1-2 step forward with right - touch left toe behind RF
- 3-4 step backwards with left - kick RF forward
- 5 & 6 Step backwards with right - put LF on right and step forward back with right
- 7-8 step back with left - weight back on RF

S2: Step, touch behind, back, kick, shuffle back, rock back

- 1-2 step forward with left - touch right toe behind LF
- 3-4 step backwards with right - kick LF forward
- 5 & 6 Step backwards with left - move RF to left and step backwards with links
- 7-8 step backwards with the right - weight back on the LF

(Restart: In the 5th round - towards 12 o'clock - after '1' break off here and the dance start over)

S3: Quarter turn l / chassé r, quarter turn l / chassé l, quarter turn l / chassé r, rock back

- 1 & 2 quarter turn left and step right with right - LF on right sit down and step right with right (9 o'clock)
- 3 & 4 quarter turn counterclockwise and step left with left - RF to left sit down and step left with left (6 o'clock)
- 5 & 6 quarter turn left and step right with right - LF on right sit down and step right with right (3 o'clock)
- 7-8 step back with left - weight back on RF

S4: Cassé l, rock back, vine r with close

- 1 & 2 step to the left with left - put RF on left and step to the left with links
- 3-4 step backwards with right - weight back on the LF
- 5-6 step right with right - cross left behind right
- 7-8 step to the right with right - put left to right