

Slowing Down

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mariella Di Clemente (CH) - March 2021
音樂: Slowing Down - Travis Tritt



Intro: 16 counts - 1 tag - ending

[1-8] SIDE BEHIND, SIDE CROSS, SIDE ROCK RECOVER, CROSS HOLD

1,2 RF step to right, LF cross behind RF
3,4 RF step to right, LF cross over RF
5,6 RF step to side, weight recover on LF
7,8 RF cross over LF, hold

[9-16] SIDE BEHIND, SIDE HEEL, SIDE CROSS, SIDE HEEL

1,2 LF step to left, RF cross behind LF
3,4 LF step to left, RF touch on heel
5,6 RF step to right, LF cross over RF
7,8 RF step to right, LF touch on heel

[17-24] COASTER STEP SCUFF, STEP LOCK STEP HOLD

1,2 LF step back, RF step beside LF
3,4 LF step forward, RF scuff forward
5,6 RF step forward, LF lock behind RF
7,8 RF step forward, hold

[25-32] STEP 1/4 TURN, CROSS HOLD, HIP SWAY, RECOVER TOUCH

1,2 LF step forward, 1/4 turn right
3,4 LF cross over RF, hold
5,6 RF step to right, sway to right
7,8 Sway recover on LF, RF touch beside LF

Notice: Replace at count 8 in last section of wall 11 touch with hold

TAG: after wall 11

HIP SWAY, RECOVER TOUCH

1,2 RF step to right, sway to right
3,4 Sway recover on LF, RF touch beside LF

ENDING: 4 counts after section 2 in wall 15: turn 1/2 unwind to left

Submitted by - Urs Fischer: aponidancers@gmail.com

Last Update - 7 March 2021