

# Slow Motion EZ

拍數: 32      牆數: 2      級數: High Beginner  
編舞者: Theresa Goodrich (USA) - April 2025  
音樂: Slow Motion - Marshmello & Jonas Brothers



Dance starts after 16 counts.

## WALK, WALK, SHUFFLE FORWARD, ROCK, RECOVER, SHUFFLE ½ TURN

1,2      Walk R, L  
3&4      Shuffle forward R, L, R  
5,6      Rock forward on L, recover on R  
7&8      Turn ½ left, shuffling L, R, L (6:00)

## ROCK SIDE RIGHT, RECOVER, CROSSING SHUFFLE, ROCK SIDE LEFT, RECOVER, CROSSING SHUFFLE

1,2      Rock R to side, recover L  
3&4      Cross right over left, step left together, cross right over left  
5,6      Rock L to side, recover R  
7&8      Cross left over right, step right together, cross left over right \*Restart here during Wall 4

## TAP, KICK, BEHIND, SIDE, CROSS, TAP, KICK, BEHIND, SIDE, CROSS

1,2      Tap R toe next to left foot, kick right foot out to right side  
3&4      Cross R behind L, step L to side, cross R over L  
5,6      Tap left toe next to R foot, kick left foot out to left side  
7&8      Cross L behind R, step R to side, cross L over R

## STEP R TO SIDE, TAP L BEHIND, STEP L TO SIDE, TAP R BEHIND, ROCK/SIT BACK RIGHT, RECOVER X 2

1,2      Step R to side, tap L toe behind (Optional snap fingers to right side)  
3,4      Step L to side, tap R toe behind (Optional snap fingers to left side)  
5,6      Rock back on R foot, sitting into right hip and popping left knee forward, recover on L  
7,8      Rock back on R foot, sitting into right hip and popping left knee forward, recover on L

**RESTART: BEGIN WALL 4 AT 6:00, DANCE 16 COUNTS AND RESTART AT 12:00**

Last Update: 6 May 2025