

Slow Down

拍數: 32 牆數: 4 級數: High Improver
編舞者: Hiroko Carlsson (AUS) - May 2025
音樂: Slow Down - Zach John King



Intro: 32 counts

[S1] Box 1/4R, Cross, 1/4R Back, Shuffle Back

1 2 Cross R over L, Make a ¼ turn right stepping back on L (3:00)
3 4 Step R to the side, Step forward on L
5 6 Cross R over L, Make a ¼ turn right stepping back on L (6:00)
7&8 Shuffle back on R-L-R

[S2] Back Rock, Shuffle Fwd, Step-Pivot 1/2L, Roll Fwd-

1 2 Rock forward on L, Replace weight on R
3&4 Shuffle forward on L-R-L
5 6 Step forward on R, Make a ½ turn left recover weight on L (12:00)
7 8 Make a ½ turn left stepping back on R (6:00), Make a ½ turn left stepping forward on L (12:00)

[S3] -1/4L Side-Together, Shuffle Fwd, Side-Together, Back, Touch

1 2 Make a ¼ turn left stepping R to the side (9:00), Step L next to R
3&4 Shuffle forward on R-L-R
5 6 Step L to the side, Step R next to L
7 8 Step back on L, Touch R next to L

[S4] Side, Touch, Rolling Vine L w/ Touch, Hip Bump R-L

1 2 Step R to the side, Touch L next to R
3 4 Make a ¼ turn left stepping forward on L (6:00), Make a ½ turn left stepping back on R (12:00)
5 6 Make a ¼ turn left stepping L to the side (9:00), Touch R next to L
7 8 Step R to the side hip bump to the right-left

No tags or restart.

Ending recommendation: The last wall begins at 9:00. Dance the 4 counts facing 12:00.

hirokoclinedancing@gmail.com