

Slow Down

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Peter Metelnick (UK)
音樂: Slow Down - The Dean Brothers



FORWARD ROCK STEP, ¼ TURN RIGHT & TOUCH, ¼ TURN LEFT, FORWARD ROCK STEP, TURNING SHUFFLE ½ TURN RIGHT

- 1-2 Rock forward on right foot, rock back onto left
3-4 Pivot ¼ turn right on left foot and touch right toes to right side, hold
Optional: turn head right in the same direction as your right shoulder
5-6 Pivot ¼ turn on left foot and rock step right foot forward, rock back onto left
7&8 Turning ½ turn right step right foot forward, step left beside right, step right foot forward

REVERSE SECTION 1 AND REPEAT LEADING WITH LEFT

- 9-16 Reverse steps 1-8 and repeat leading with left

RIGHT SIDE TOUCH TOGETHER, RIGHT BOX STEP, LEFT SIDE TOUCH TOGETHER

- 17-18 Touch right toes to right side, touch right toes beside left
19-20 Step right foot to right side, step left foot beside right
21-22 Step right foot back, touch left toes beside right
23-24 Touch left toes to left side, touch left toes beside right

STEP LEFT, RIGHT TOGETHER, LEFT SHUFFLE FORWARD, FORWARD ROCK STEP, ROCK BACK ¼ TURN RIGHT, BACK ROCK STEP

- 25-26 Step left to left side, step right foot together
27&28 Step left foot forward, step right beside left, step left foot forward
29-30 Rock step right foot forward, rock back onto left turning ¼ turn right
31-32 Rock back on right foot, rock forward onto left

RIGHT CROSS ROCK, TRIPLE STEP, LEFT CROSS ROCK, TRIPLE STEP

- 33-34 Cross rock right over left, rock back onto left
35&36 Step right foot to right side, step left beside right, step right in place
37-38 Cross rock left over right, rock back onto right
39&40 Step left foot to left side, step right beside left, step left in place

WEAVE LEFT, RIGHT TOUCH, HOLD

- 41-42 Step right over left, step left to left side
43-44 Cross step right behind left, step left to left side
45-48 Touch right toes to right side, hold for 3 counts (weight remains on left foot)

REPEAT
