

# Slow Down

拍數: 0      牆數: 0      級數:  
編舞者: Mecky Martino (USA)  
音樂: Slow Down Baby - Christina Aguilera



Sequence: AAB, AAB, AB, AA

## PART A

### RIGHT FORWARD, ¼ SAILOR STEP, TOUCH, POINT, TOGETHER, ¼ SAILOR SKATE, SKATE

- 1-2&3      Step right forward, step left behind making ¼ turn left, step right to right, step left to left (sailor step)  
&4      Touch right next to left (&), point right to right  
5-6&7      Step right next to right, step left behind making ¼ turn left, step right to right, skate forward with left  
8      Skate forward with right (6:00)

### ¼ TURN TRIPLE LEFT-RIGHT-LEFT, BRUSH, SIDE, TOGETHER, BACK, TURN STEP, PRESS, RECOVER, ROCK, RECOVER

- 1&2      Make ¼ turn left and triple forward left-right-left  
&3&4      Brush right slightly forward, step right to right and slightly back, step left next to right, step right back  
5&6      Make ¼ turn left stepping left forward, touch right next to left, point right to right and press with weight (12:00)  
7-8&      Recover weight onto left, rock right back, recover onto left  
**At times during the dance, there is a stop on beat 6. The count then will be:**  
7&8&      Hold, recover weight onto left, rock right back, recover onto left

### STEP RIGHT TO 2:00, ROCKING HORSE, TOGETHER, STEP RIGHT TO 5:00, ROCKING HORSE, TOGETHER

- 1-2&      Step right diagonally to 2:00, rock left forward, recover onto right  
3&4      Rock left back, recover onto right, step left next to right  
5-6&      Step right diagonally to 5:00, rock left forward, recover onto right  
7&8      Rock left back, recover onto right, step left next to right (5:00)

### STEP RIGHT TO 9:00, ROCK STEP STEP, ROCK STEP STEP, BALL, STEP, TURN, BALL, STEP

- 1-2&3      Turn to 9:00 stepping right forward, rock left across right moving shoulders back, recover onto right, step left to left  
4&5      Rock right across left moving shoulders back, recover onto left, step right to right (9:00)  
6&7      Step left behind right, step right in place, step left next to right making ¼ left  
&8      Ball step right slightly behind left (&), step left in front of right making ¼ turn left (3:00)

## PART B

### STEP, CROSS, ROCK, RECOVER, TURN, TURN, STEP, CROSS, ROCK, RECOVER, STEP, TOGETHER

- 1-2-3&      Large step right to right, step left across right, rock and press right to right, recover onto left  
4&      Step right behind left, step left forward making ¼ turn left  
5-6-7&      Large step right to right making ¼ turn left, step left across right, rock and press right to right, recover onto left  
8&      Step right behind left, step left next to right

### BACK, BACK, MAMBO BACK, MAMBO LEFT, STEP, PIVOT, STEP

- 1-2      Step right back, step left back  
3&4      Step right back, step left in place, step right next to left (mambo back)  
5&6      Step left to left, step right in place, step left next to right (mambo left)

7&8                    Step right forward, pivot ¼ turn left moving hips forward, replace weight on left moving hips to left

1-8                    Repeat first 8 steps of part b

**HEEL, STEP, TOUCH, STEP, HEEL, STEP, TURN CHASSE LEFT-RIGHT-LEFT, PRESS, RECOVER, ROCK, RECOVER**

1&2&                    Touch right heel in front of left, step right next to left, touch left toe next to right, step left next to right

3&4&5                    Touch right heel in front of left, step right next to left, making ¼ turn right step left to left, step right next to left, step left to left

6-7&8&                    Point right to right and press with weight, recover weight onto left, rock right back, recover onto left

**At times during the dance, there is a stop on beat 6. The count then will be:**

7&8&                    Hold, recover weight onto left, rock right back, recover onto left

**The stops will occur on the 1st, 3rd, and 6th Part A. Also on the 2nd and 3rd Part B**

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