

# Slow Down

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Jane Nilsson (SWE) - May 2016

Musik: Slow Down - Douwe Bob : (iTunes)



## S1. Chassé right, ¼ turn & chassé left, rocking chair

- 1&2 Step right to right, step left beside right, step right to right  
&3&4 Turn ¼ right & step left to left, step right beside left, step left to left  
5-6 Rock forward on right, recover onto left  
7-8 Rock backward on right, recover onto left

## S2. Toe strut x 2, shuffle, ½ step turn

- 1-2 Touch right toe forward, step down on right  
3-4 Touch left toe forward, step down on left  
5&6 Step forward on right, step left beside right, step forward on right  
7-8 Step forward on left, ½ turn right (weight on right)

## S3. Vine, touch, ¼ turn, ½ turn, chassé ½ turn

- 1-2 Step left to left side, step right behind left  
3-4 Step left to left side, touch right beside left  
5-6 ¼ turn right stepping forward on right, ½ turn right stepping backwards on left  
7&8 ¼ turn right stepping right to side, step left beside right, step right to right

On eighth wall (3 o'clock) step down on left and restart (facing 12 o'clock)

## S4. Heel touch, hold, together x 2, shuffle, kick ball step

- 1-2 Touch left heel forward, hold  
&3-4 Step left beside right, touch right heel forward, hold  
&5&6 Step right beside left, step forward on left, step right beside left, step forward on left  
7&8 Kick right forward, touch right ball beside left and lift left, step down on left

Repeat

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