

Move That Slow

Count: 92

Wand: 2

Ebene: Phrased High Intermediate

Choreograf/in: Mona Akersveen Schützer (NOR) - May 2022

Musik: Higher - Michael Bubl 



No intro, starts immediately

Sequence: AA B AAA B AA C AA ending

Part A : 32c

[1-8] Step fwd, lock step, rock fwd, lockstep back, walk back

- 1 Step RF fwd
- &2 Step LF fwd, Lock RF behind
- 3 Step LF fwd
- 4-5 Rock RF fwd, recover on LF
- 6&7 Step RF back, lock LF in front of RF, step RF back
- 8 Walk LF back

[9-16] Walk back, turn ¼ L (9 o'clock), cross point x2

- 1 walk RF back
- 2-4 Touch LF toe back, turning ¼ L (9 o'clock), transfer weight on LF
- 5-6 Cross RF over LF, point LF to L,
- 7-8 Cross LF over RF, point RF to R

(2-4 you can do a body roll while turning to your left)

[17-24] Rock fwd, lockstep back, touch back, turn ½ (3 o'clock), travelling samba step

- 1-2 Rock fwd on RF, recover on LF
- 3&4 Step RF back, Lock LF in front of RF, Step RF Back
- 5-6 Touch LF toe back, turn ½ L (3 o'clock), transfer weight to LF
- 7&8 Step RF fwd over LF, rock LF to L (&), recover on LF stepping LF slightly fwd

[25-32] travelling samba step, rock step, turn ¼ R, lock step back, coaster step

- 1&2 Step LF fwd over RF, rock RF to R, recover on LF stepping RF slightly fwd
- 3-4 Rock RF fwd, turn ¼ R (6 o'clock), step LF back
- 5&6 Step RF back, Lock L in front of RF, step RF back
- 7&8 Step LF back, step RF beside LF, step LF fwd

Part B : 20c

[1-8] (12 o'clock) Step R, sweep, cross, back, back, sweep, behind turn ½ (6 o'clock) step fwd

- 1-4 Step RF fwd, sweep LF from back to front, Cross LF over RF, Step back on RF
- 5-8 Cross LF behind RF and sweep RF from front to back, Cross RF behind LF, ½ turn L and step fwd on LF

[9-16] Rock to right, rock to left, point right, point left, scuff hitch step

- 1-2& Rock RF to R side, weight back on LF, change weight to RF
- 3-4& Rock LF to L side, weight back on RF, change weight to LF
- 5& Point RF to R side, Step RF beside LF
- 6& Point LF to L side, Step LF beside RF
- 7&8 Scuff, hitch RF over LF, step RF over LF

[17-20] step back, step back, knee pop

- 1-2 Step LF back, step RF next to LF
- 3-4 Knee pop L while weight on RF, knee pop R while transferring weight to LF

Part C : 40c

[1-8] (6 o'clock) Step R, sweep, cross, back, back, sweep, behind turn ½ (12 o'clock) step fwd

1-4 Step RF fwd, sweep LF from back to front, Cross LF over RF, Step back on RF

5-8 Cross LF behind RF and sweep RF from front to back, Cross RF behind LF, ½ turn L and step fwd on LF

[9-16] Repeat step 1-8 (6 o'clock)

[17-24] Repeat step 1-8 (12 o'clock)

[25-32] step fwd, point, step fwd, point, jazz box with ½ turn R (6 o'clock)

1-2 Step fwd on RF, Point LF to L

3-4 Step fwd on LF, point RF to R

5-8 Cross RF over L, step LF back, ¼ turn R step RF to R, turn ¼ step LF fwd

[33-40] step fwd, point, step fwd, point, jazz box

1-2 Step fwd on RF, Point LF to L

3-4 Step fwd on LF, point RF to R

5-8 Cross RF over L, step LF back, step RF to R, Step LF fwd

Ending : Facing 6 o'clock, walk 4 steps fwd starting on RF, ½ turn R (12 o'clock), walk 3 steps fwd starting on LF. End of Dance

Enjoy!

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