

Slow Down

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Jean-Marc RAFFANEL (FR) - March 2025

Musik: Slow Down - Zach John King



the dance start after 32 counts

section 1 :SIDE, TOUCH, KICK BALL CROSS, SIDE , TOUCH , KICK BALL CROSS

- 1-2 step Rf on side, touch Lf next to Rf
- 3&4 kick Lf fwd, step Lf next to Rf, cross Rf over Lf
- 5-6 step Lf on side, touch Rf next to Lf
- 7&8 kick Rf fwd, step Rf next to Lf, cross Lf over Rf

section 2 : VINE, ROCKING CHAIR

- 1-2-3-4 step Rf on side, cross Lf behind Rf, step Rf on side, step Lf next to Rf
- 5-6-7-8 step Rf fwd, recover onto Lf, step Rf back, recover onto Lf

section 3 : STEP FWD, ¼ TURN L, TRIPLE CROSS, ¼ TURN L, TRIPLE FWD, STEP FWD, ¼ TURN L

- 1-2 step Rf fwd, ¼ turn L 9:00
- 3&4 cross Rf over Lf, step Lf on side, cross Rf over Lf
- 5&6 ¼ turn L step Lf fwd, step Rf next to Lf, step Lf fwd 6:00
- 7-8 step Rf fwd, ¼ turn L 3:00

section 4 : JAZZ BOX, ROCKING CHAIR

- 1-2-3-4 cross Rf over Lf, step Lf back, step Rf on side, step Lf next to Rf
- 5-6-7-8 step Rf fwd, recover onto Lf, step Rf back, recover onto Lf

start again with smile

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