

Slow Down

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Nicky Tan (MY) - September 2013

Musik: Slow Down - Selena Gomez



Dance starts after 2x8s from the beginning of music

Section 1 : Forward Full Turn, R Side Step, Hip Circle

1-4 Step RF forward, Turn 1/2 R & Step LF back, Turn 1/2 R & Step RF forward, Step LF forward
5-8 Step RF to side, Do a hip circle clockwise over 3 counts (12:00)

Section 2 : Step together, Hold, Step Together, Walk back

1,2 Close LF together, Hold
&3,4 Step RF to side, Close LF together, Hold
5-8 Step RF back, Step LF back, Step RF back, Step LF back

Section 3 : Monterey Step with 1/4 R Turns 2x, end with a Hitch

1,2 Touch RF to side, Hold
&3,4 Step RF beside LF, Turn 1/4 R & Touch LF to side, Hold
&5,6 Step LF beside RF, Touch RF to side, Hold
&7,8 Step RF beside RF, Turn 1/4 R & Touch LF to side, Hitch LF

Section 4 : Cross, Side, Behind, Side, Cross, Point, 1/2 R Turn with a Hook, Step, Hold

1,2 Cross LF over RF, Step RF to side
3&4 Cross LF behind RF, Step RF to side, Cross LF over RF
5,6 Point RF to side, Turn 1/2 R with weight on LF & Hitch RF
7,8 Step RF forward, Hold

Section 5 : Step & Flick, Hitch 3x, Step forward, Pivot 1/2 R

1 Step LF forward & Flick RF back,
2 Step RF back & Hitch LF & slightly lean backwards
3,4 Repeat Step 1,2
5,6 Repeat Step 1,2
7,8 Step LF forward, Turn 1/2 R weight on RF

Section 6 : Touch L forward, Hip Circles, Forward Body Roll

1,2 Touch LF forward & do a Left hip circle clockwise
3,4 Repeat another left hip circle
5,6 With LF still in place (touching forward) & do a forward body roll
7,8 Repeat another forward body roll

Section 7 : Step Touch 4x with a 1/4 R Turn

1,2 Step LF to side, Touch RF behind LF
3,4 Step RF to side, Touch LF behind RF
5,6 Turn 1/4 R & Step LF to side, Touch RF behind LF
7,8 Repeat Steps 3,4

Section 8 : LF Cross, RF Cross, Back, Side, Twist R then Left, Hold

1,2 Cross LF over RF, Cross RF over LF
3,4 Step LF back, Step RF to side
5 Swivel both heels to R side with weight on RF
6-8 Swivel both heels to L side with weight on LF & Hold over 2 counts

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Last Revision - 8th Jan 2014
