

# Slow Down Brother

Count: 32

Wall: 4

Level: Improver

Choreographer: Gaye Teather (UK) - May 2015

Music: Slow Down - Douwe Bob



#8 count intro. The track begins with a ticking clock sound. Count 8 beats of the clock and start on the first vocal)

Track available to download from Amazon and iTunes - Dance rotates in CCW direction

## Heel grind quarter turn Right. Coaster step. Step. Pivot quarter turn Right. Cross shuffle

- 1 – 2 Step Right heel forward. Quarter turn Right grinding Right toes to Right side (weight ends on Left)
- 3&4 Step back on Right. Step Left beside Right. Step forward on Right
- 5 – 6 Step forward on Left. Pivot quarter turn Right (Facing 6 o'clock)
- 7&8 Cross Left over Right. Step Right to Right side. Cross Left over Right

## Right side rock. Behind-side-cross. Side Left. Touch. Right kick-ball-cross

- 1 – 2 Rock Right to Right side. Recover onto Left
- 3&4 Cross Right behind Left. Step Left to Left side. Cross Right over Left
- 5 – 6 Step Left to Left side (long step) Touch Right beside Left
- 7&8 Kick Right foot forward. Step Right beside Left. Cross Left over Right

## Quarter turn Left. Half turn Left. Right shuffle forward. Forward rock. Back. Touch

- 1 – 2 Quarter turn Left stepping back on Right. Half turn Left stepping forward on Left (Facing 9 o'clock)
- 3&4 Step forward on Right. Step Left beside Right. Step forward on Right
- 5 – 6 Rock forward on Left. Recover onto Right
- 7 – 8 Long step back on Left. Touch Right in front of Left (weight remains on Left)\*

Option: Click fingers of both hands at shoulder height leaning back slightly as you touch Right in front of Left on count 8\* Restart from beginning at this point during wall 8. You will be facing 12 o'clock

## Right shuffle forward. Forward rock. Full turn Left (travelling back). Coaster step

- 1&2 Step forward on Right. Step Left beside Right. Step forward on Right
- 3 – 4 Rock forward on Left. Recover onto Right
- 5 – 6 Half turn Left stepping forward on Left. Half turn Left stepping back on Right (Facing 9 o'clock)

## Option for counts 5 – 6: Walk back Left. Right

- 7&8 Step back on Left. Step Right beside Left. Step forward on Left

## Start again

The track will slow down very near the end. Slow your steps along with it. To finish facing front dance up to count 6 of final section, i.e. full turn Left (or walk back Left, Right). Then make another half turn Left stepping forward on Left and stomp Right beside Left!

Choreographer's Note: For Joe who recommended this great song!