

Slow Down

Count: 32

Wall: 2

Level: Newcomer / Novice

Choreographer: Sabrina van der Heuvel & Nancy Reijnders-Spronck (NL) - June 2016

Music: Slow Down - Douwe Bob



Introduction 32 counts, start on approx 19 sec

SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE STEP, ½ TURN, SHUFFLE

- 1 - 2 RF Side rock, Recover on LF
- 3 &4 RF Cross over LF, Step LF next to RF, Cross RF over LF
- 5 - 6 LF Side Step, ½ Turn Step RF forward (facing 6.00)
- 7 &8 Step LF forward, step RF next to LF, Step LF forward

CROSS STEP, SIDE TOUCH, SAILOR STEP, SAILOR STEP, ROCK, RECOVER

- 1 - 2 RF Cross step, LF Touch to LF side
- 3 &4 LF Cross behind RF, RF Step to R, LF Step to L
- 5 &6 RF Cross behind LF, LF Step to L, RF Step to R
- 7 &8 LF Rock, RF Recover

FULL TURN, SHUFFLE, ROCK, RECOVER, COASTERSTEP

- 1 - 2 ½ Turn L, ½ Turn L and close RF to LF (facing 12.00)
- 3 &4 Step LF forward, Step LF next to RF, Step LF forward
- 5 - 6 RF Rock, LF Recover
- 7 &8 Step RF behind, Step LF next to RF, Step RF forward

PIVOT ½ TURN, SHUFFLE, HIEL, HIEL, TOE, HIEL

- 1 - 2 LF Step forward, ½ turn weight on RF (facing 6.00)
- 3 &4 Step LF forward, Step LF next to RF, Step LF forward
- 5 - 6 Right Heel, Left Heel
- 7 - 8 Right Toe, Left Heel

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