

Slow Down

Count: 32

Wall: 4

Level: Improver

Choreographer: Frank Heelan (IRE) - August 2020

Music: Slow Down - Gone West : (3:52)



Tag: End of wall 4

1-2-3-4 Step forward right pivot $\frac{1}{2}$ turn left, step forward right pivot $\frac{1}{2}$ turn left.
5-6-7-8 Rock forward on right, recover to left, rock to right recover to left.

Intro: 32 counts.

Sec 1: Jazz box cross, chasse right, rock back recover.

1-2 Cross right over left, recover to left.
3-4 Step right to right, cross left over right.
5&6 Step right to right, left together, right to right.
7-8 Rock back on left, recover to right. (12.00)

Sec 2: Pivot $\frac{1}{4}$ pivot $\frac{1}{2}$ rock step coaster step.

1-2 Step forward left, pivot $\frac{1}{4}$ right. (3.00)
3-4 Step forward left, pivot $\frac{1}{2}$ right. (9.00)
5-6 Rock forward on left, recover to right.
7&8 Step back on left, right together, forward left.

Sec 3: Shuffle forward, rock recover, shuffle back, rock recover.

1&2 Step forward right, left together, forward right.
3-4 Rock forward left, recover to right.
5&6 Step back on left, right together, back left.
7-8 Rock back right, recover to left.

Sec 4: Step point, step point, forward rock, side rock.

1-2 Step forward right, point left to left.
3-4 Step forward left, point right to right.
5-6 Rock forward right, recover to left.
7-8 Rock right to right, recover to left. (9.00)

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