

Slow And Steady

Count: 64

Wall: 4

Level: Intermediate

Choreographer: BM Leong (MY)

Music: Wo Niu Yu - Huang Li Niao



TAP, HOLD, TAP, HOLD, BEHIND-SIDE-CROSS, HOLD

- 1-2 Tap right heel forward along right diagonal, hold
- 3-4 Tap right heel forward along right diagonal, hold
- 5-6 Cross right behind left, step left to left side
- 7-8 Cross right over left, hold

For counts 1&3, bend body slightly to the right and cross both palms facing front with fingers open. Move palms away to respective sides like opening a window curtain

TAP, HOLD, TAP, HOLD, BEHIND-SIDE-CROSS, HOLD

- 1-2 Tap left heel forward to left diagonal, hold
- 3-4 Tap left heel forward to left diagonal, hold
- 5-6 Cross left behind right, step right to right side
- 7-8 Cross left over right, hold

For counts 1&3, repeat hand action as above bending body slightly to the left

JUMP, TOUCH, JUMP, TOUCH, FORWARD LOCK STEPS, HOLD

- 1-2 Jump forward to right diagonal on right, touch left beside right
- 3-4 Jump forward to left diagonal on left, touch right beside left
- 5-6 Step right forward, lock left behind right
- 7-8 Step right forward, hold

JUMP, TOUCH, JUMP, TOUCH, BACK LOCK STEPS, HOLD

- 1-2 Jump backward diagonally on left, touch right beside left
- 3-4 Jump backward diagonally on right, touch left beside right
- 5-6 Step left back, lock right over left
- 7-8 Step left back, hold

SIDE, HOLD, TOUCH, HOLD, SIDE, HOLD, TOUCH, HOLD

- 1-2 Step right to right side, hold
- 3-4 Touch left toes over right swinging both hands up on right side, hold
- 5-6 Step left to left side, hold
- 7-8 Touch right toes behind left swinging both hands down on left side, hold

QUARTER TURN RIGHT, HOLD, HITCH, HOLD, COASTER STEPS, HOLD

- 1-2 ¼ turn right stepping right forward, hold
- 3-4 Hitch left knee, hold
- 5-6 Step left back, step right together
- 7-8 Step left forward, hold

QUARTER TURN RIGHT, HOLD, HITCH, HOLD, COASTER STEPS, HOLD

- 1-2 ¼ turn right stepping right forward, hold
- 3-4 Hitch left knee, hold
- 5-6 Step left back, step right together
- 7-8 Step left forward, hold

STEP, HOLD, CROSS, HOLD, BACK, HOLD, SIDE, HOLD

- 1-2 Step right forward swinging both hands to right side above head, hold

3-4 Cross left over right swinging both hands to left side above head, hold
5-6 Step right back swinging both hands down on right side, hold
7-8 Step left to left side swinging both hands over to the left, hold

REPEAT

RESTART

Restart during walls 2 and 4 (both facing 12:00) after 1-56 counts

ENDING

The music will end on the 32nd count (hold)of the sixth repetition. You will be facing the back wall. Execute a half turn right stepping right foot forward to face the home wall
