

Slow Down

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Peter Metelnick (UK)

Music: Slow Down - The Dean Brothers



FORWARD ROCK STEP, ¼ TURN RIGHT & TOUCH, ¼ TURN LEFT, FORWARD ROCK STEP, TURNING SHUFFLE ½ TURN RIGHT

1-2 Rock forward on right foot, rock back onto left

3-4 Pivot ¼ turn right on left foot and touch right toes to right side, hold

Optional: turn head right in the same direction as your right shoulder

5-6 Pivot ¼ turn on left foot and rock step right foot forward, rock back onto left

7&8 Turning ½ turn right step right foot forward, step left beside right, step right foot forward

REVERSE SECTION 1 AND REPEAT LEADING WITH LEFT

9-16 Reverse steps 1-8 and repeat leading with left

RIGHT SIDE TOUCH TOGETHER, RIGHT BOX STEP, LEFT SIDE TOUCH TOGETHER

17-18 Touch right toes to right side, touch right toes beside left

19-20 Step right foot to right side, step left foot beside right

21-22 Step right foot back, touch left toes beside right

23-24 Touch left toes to left side, touch left toes beside right

STEP LEFT, RIGHT TOGETHER, LEFT SHUFFLE FORWARD, FORWARD ROCK STEP, ROCK BACK ¼ TURN RIGHT, BACK ROCK STEP

25-26 Step left to left side, step right foot together

27&28 Step left foot forward, step right beside left, step left foot forward

29-30 Rock step right foot forward, rock back onto left turning ¼ turn right

31-32 Rock back on right foot, rock forward onto left

RIGHT CROSS ROCK, TRIPLE STEP, LEFT CROSS ROCK, TRIPLE STEP

33-34 Cross rock right over left, rock back onto left

35&36 Step right foot to right side, step left beside right, step right in place

37-38 Cross rock left over right, rock back onto right

39&40 Step left foot to left side, step right beside left, step left in place

WEAVE LEFT, RIGHT TOUCH, HOLD

41-42 Step right over left, step left to left side

43-44 Cross step right behind left, step left to left side

45-48 Touch right toes to right side, hold for 3 counts (weight remains on left foot)

REPEAT
