

# Slow Down

Count: 48

Wall: 2

Level: Phrased Intermediate

Choreographer: Dan Morrison (CAN) - December 2013

Music: Slow Down - Selena Gomez



**Intro: 16 Counts, Start just before Lyrics**

**Sequence: A-A-B-A-A-A-B-A till end of song**

## "A" - 32 counts

### Walk 2x, Scissor, Side, Behind, Rock-Step-Cross

- 1-2 Step R forward (1) Step L forward (2)
- 3&4 Step R side R (3) Step L beside R (&) Step R over L (4)
- 5-6 Step L side L (5) Step R behind L (6)
- 7&8 Step L side L (7) Step R in place (&) Step L over R (8)

### Step, Hold, Ball-Step, Hold, Rock-Recover, 1/4 Shuffle

- 1-2 Step R side R (1) Hold (2)
- &3-4 Step L beside R (&) Step R side R (3) Hold (4)
- 5-6 Step L over R (5) Recover onto L (6)
- 7&8 Step L side L (7) Step R beside L (&) Step L 1/4 L (8)

### Step, 1/4 Touch, 1/4 Step, Touch, Coaster, 1/4 Pivot

- 1-2 Step R forward (1) 1/4 L, Touch L forward (2)
- 3-4 1/4 R, Step L back (3) Touch R forward (4)
- 5&6 Step R back (5) Step L beside R (&) Step R forward (6)
- 7-8 Step L forward (7) 1/4 Pivot, wt on R (8)

### Knee Pops, Hat-Dance, Rock-Recover, Touch, 1/2 Step

- 1& Pop L knee across R (1) Step L beside R (&)
- 2& Pop R knee across L (2) Step R beside L (&)
- 3& Touch L forward (3) Step L beside R
- 4& Touch R forward (4) Step R beside L
- 5-6 Step L forward (5) Recover on R (6)
- 7-8 Touch L toe back (7) 1/2 turn L, Step L forward (8)

## "B" - 16 counts

### Step, Lock-Step-Step, Lock-Step-Step, 1/4 Sailor, Behind-Side-Cross

- 1 Step R forward
- 2&3 Lock L behind R (2) Step R beside L (&) Step L forward (3)
- 4&5 Lock R behind L (4) Step L beside R (&) Step R forward (5)
- 6&7 1/4 L, Step L behind R (6) Step R beside L (&) Step L side L (7)
- 8&1 Step R behind L (8) Step L side L (&) Step R over L (1)

### Scissor, Side-Behind-1/4, Chase Turn, Lock-Step

- 2&3 Step L side L (2) Step R beside L (&) Step L over R (3)
- 4&5 Step R side R (4) Step L behind R (&) Step R 1/4 R (5)
- 6&7 Step L forward (6) 1/2 Pivot R, wt on R (&) Step L forward (7)
- 8& Lock R behind L (8) Step L beside R (&)

**HAVE FUN AND ENJOY**

Contact: [dan\\_orillia@live.com](mailto:dan_orillia@live.com)

