

# Slow Down and Postpone

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Marie Sørensen (TUR) - 11 September 2023

Musique: Broke a Sweat - Billy Porter



## #16 counts intro - No tags or restart

### PRIZZY WALK, R, L,R,L, LOCK STEP. ROCK. RECOVER

- 1-2 Cross right over left, cross left over right
- 3-4 Cross right over left, cross left over right
- 5&6 Step fwd. right, lock left behind right, step fwd. right
- 7-8 Rock fwd. left, recover (12.00)

### SWEEP BEHIND L,R,L,R, BACK ROCK, RECOVER, LOCK STEP 1/4 TURN LEFT

- 1-2 Sweep left behind right, sweep right behind left - Make small jumps while sweeping
- 3-4 Sweep left behind right, sweep right behind left - Make small jumps while sweeping
- 5-6 Back rock left, recover
- 7&8 1/4 turn left, step fwd. left, lock right behind left, step fwd. on left (09.00)

### SIDE, HOLD, SIDE, HOLD, & JUMP, HOLD, & JUMP HOLD

- 1-2 Sway your body to the right side, hold (weight on right) While you raise your arms to right side
- 3-4 Sway your body to the left side, hold (weight on left) While you raise your arms to left side
- &5-6 Jump right to the right side, jump left to the left side, hold & clap your hands
- &7-8 Jump right to the right side, jump left to the left side, hold & clap your hands (09.00)

### POINT, TOUCH, POINT, TOUCH, VINE, TOUCH

- 1-2 Point right to the right side, touch right beside left
- 3-4 Point right to the right side, touch right beside left
- 5-6 Step right to the right side, step left behind right
- 7-8 Step right to the right side, touch left next to right (09.00)

### HITCH, TOUCH, HITCH, TOUCH, VINE 1/4 TURN LEFT & JUMP

- 1-2 Hitch left very high, touch left next to right, move your upper body, back & Forward
- 3-4 Hitch left very high, touch left next to right, move your upper body, back & Forward
- 5-6 Step left to left side, cross right behind left
- 7-&8 1/4 left, step fwd. left, & jump right to right side, jump left to left side (06.00)

### SYNCOPATED ROCK STEPS RIGHT, LEFT, WALK 1/2 TURN LEFT, IN A HALF CIRCLE

- 1-2& Cross rock right over left, recover, step right to right side
- 3-4& Cross rock left over right, recover, step left to left side
- 5-6-7-8 Walk in a half circle to the left, R, L, R, L (12.00)

### STEP 1/2 TURN WITH FLICK, STEP 1/2 TURN WITH FLICK, JAZZ BOX 1/4 TURN RIGHT, POINT LEFT FWD. (LEAN YOUR BODY BACK)

- 1-2 Step fwd. right, 1/2 turn left, step fwd. left, and flick right
- 3-4 Step fwd. right, 1/2 turn left, step fwd. left, and flick right
- 5-6 Cross Right over left, step back on right
- 7-8 1/4 turn right, step right to right side, point left toe fwd. while you lean your body back (03.00)

### TOE STRUT BACK LEFT, RIGHT, BACK ROCK, RECOVER, WALK, TOUCH

- 1-2 Tap left toe back, drop left heel
- 3-4 Tap right toe back, drop right heel

5-6 Back rock left, recover  
7-8 Walk fwd. left, touch right next to left (03.00)

**Start again ! No tags or restart !**

**Contact : Marie Sørensen (Sunshine Cowgirl)**  
**E.mail adress - [sunshinecowgirl1960@gmail.com](mailto:sunshinecowgirl1960@gmail.com)**

---