

Slow Me Down

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Tim Gauci (AUS) - July 2015
音乐: Slow Me Down - Sara Evans : (Album: iTunes single - 3:16)



Begin dance 16 beats in, on lyrics

[1-8] □ STEP, STEP, PIVOT ½, ½, BACK, TOG, BACK/SWEEP, BACK/SWEEP, BEHIND, SIDE, CROSS, SIDE □

12&34& Step L fwd, step R fwd, pivot ½ turn L (&), making ½ turn L step R back, step back L, R (&) □ 12.00

56&7&8& Step L back sweeping R foot from front to back, step R back sweeping L from front to back, step L behind R, step R to R (&), cross L over R, step R to R (&) □ 12.00

[9-16] □ CROSS, ROCK, SIDE, CROSS, SIDE, ROCK, CROSS, SIDE/Drag, BACK, ROCK, SIDE, BEHIND, ¼, FWD □

12&3&4& Cross L over R, rock weight onto R, step L to L (&), cross R over L, step L to L (&), rock weight onto R, cross L over R (&) □ 12.00

56&7&8& Step R to R dragging L tog, step L back, rock weight fwd onto R (&), step L to L, step R behind L (&), making ¼ turn L step L fwd, step R fwd (&)* □ 9.00

[17-24] □ FWD, ROCK, ½, ¼, BEHIND, SIDE, CROSS, ROCK, SIDE, CROSS, ROCK, SIDE □

12&34& Step L fwd, rock weight onto R, making ½ turn L step L fwd (&), making ¼ turn L step R to R, step L behind R, step R to R (&) □ 12.00

56&78& Cross L over R, rock weight onto R, step L slightly to L (&), cross R over L, rock weight onto L, step R slightly to R (&)** □ 12.00

[25-32] □ FWD, STEP, PIVOT ½, STEP, ¼, ½, FWD, ROCK, TOG, BACK, ROCK, TOG □

12&34& Step L fwd, step R fwd, pivot ½ turn L (&), step R fwd, making ¼ turn R step L to L, making ½ turn R step R to R (&) □ 3.00

56&78& Step L fwd, rock weight back onto R, step L tog (&), step R back, rock weight fwd onto L, step R tog (&) □ 3.00

[32] Beats - □ Repeat dance in new direction □

Restart on wall 3 – dance up to beat 16&* and restart dance from beginning facing 3.00 wall

Restart on wall 6 – dance up to beat 24&** and restart dance from beginning facing 9.00 wall

Restart on wall 7 – dance up to beat 16&* and restart dance from beginning facing 6.00 wall

Enjoy

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