

Dance Me Slow

拍数: 64 墙数: 4 级数: Improver
编舞者: Helaine Norman (USA) - January 2017
音乐: Strip It Down - Luke Bryan



No Tags Or Restarts

I. Fish Tail Steps Back, Forward Step Lock Step Brush

1-2-3-4 Step R back (1), touch L together (2), step L back (3), touch R together (4)
5-6-7-8 Step R forward (5), lock L behind R (6), step R forward (7), brush L forward (8)

II. Open Jazz Box, Rock Recover Cross

1-2-3-4 Cross L over L (1), step R back (2), step L side (3) step R forward (4)
5-6-7-8 Rock L side (5), recover to R (6), step L across R (7), hold (8)

III. Rock Recover Cross, Turn 1/4, Step

1-2-3-4 Rock R side (1), recover to L (2), step R over (3), hold (4)
5-6-7-8 Step L side (5), turn 1/4 right (weight to R), (6) (3:00), step L together (7), hold (8) (8)

IV. Mambo Mambo

1-2-3-4 Rock R side (1), recover to L (2), step R together (3), hold (4)
5-6-7-8 Rock L side (5), recover to R (6), step L together(7), hold (8)

Option for 1-8 (Rumba Box): IV: Step R side (1), step L together (2), step R forward (3), hold, (8), step L side (5), step R together (6), step L back (7), hold (8)

V. Step Together Step Turning 1/2, Night Club

1-2-3-4 Step R side (1), step L together (2), step R side (3), turn 1/2 right (weight to R) (9:00) (4)
5-6-7-8 Big step L side (5), drag R toward L, (6) cross/rock R behind (7), recover to L (8)

VI. Vine, Sway Sway

1-2-3-4 Step R side (1), cross L behind, (2), step R side (3), cross L over (4)
5-6-7-8 Rock R side (5), sway R (6), recover L side (7), sway L (8)

VII. Repeat Section V

VIII. Repeat Section VI

Begin again.
