

Slow and Easy

拍数: 32 墙数: 0 级数:
编舞者: Double Trouble (CAN) - August 2018
音乐: Slow Hand - Jason Benoit



Start dance 16 counts when the lyrics start.

[1-8] -- Right Side together shuffle Forward, Left Side Together Shuffle Forward

- 1 – 2 Step right foot to right side, step left foot beside Right.
- 3 & 4 Shuffle forward R, L R.
- 5 – 6 Step Left foot to left side, step right foot beside Left.
- 7 & 8 Shuffle forward L, R, L.

[9 -16] – Step Right Forward Touch Left, Shuffle Back, Step Back Right, Touch Left, Shuffle Back.

- 1 – 2 Step right foot forward, touch left toe behind Right.
- 3 & 4 Shuffle Back L, R, L.
- 5 – 6 Step right foot back, Touch Left foot beside Right.
- 7 & 8 Shuffle back L R L

TAG – Wall 9: Do the 4 count Tag and then Restart the dance.

[17-24] – Rock Back on Right, Recover Left, Shuffle Forward Right, Step Left Foot Forward, ¼ Turn Right, Cross Shuffle Left

- 1 – 2 Rock back onto right foot, recover weight onto left,
- 3 & 4 Shuffle Forward R, L, R.
- 5 – 6 Step Forward onto Left foot ¼ turn right taking weight onto right foot.
- 7 & 8 Cross Shuffle Left over right, step onto right, cross Left foot over right.

[25-32] – Step Right to Right side, step left beside Right, ¼ shuffle R, L, R, Step Left Forward ¼ turn pivot to Right, Cross Shuffle Left over right, step Left.

- 1 – 2 Step right foot to right side, step left foot beside right.
- 3 & 4 Shuffle ¼ turn to Right – R, L R.
- 5 – 6 Step forward on the left foot, and ¼ turn pivot to right taking weight onto right.
- 7 & 8 Cross shuffle left over right, step onto right, cross left foot over right.

Start again.

TAG: 4 Count Tag – end of walls 2, 6, wall 9 after 16 counts.

- 1 - 4– Step Right, Touch Left beside Right, Step Left, Touch Right beside Left. (add a little body roll movement for styling – music makes you wanna).
- 1 – 2 Step right foot to right side, touch left beside right.
- 3 – 4 Step left foot to left side, touch right beside left.

Contact: cathy.montgomery@millennium1solutions.com

Last Update - 4th August 2018