Let Me Down Slowly

拍数: 32

级数: Improver

编舞者: Angéline Fourmage (FR) - January 2019

音乐: Let Me Down Slowly - Alec Benjamin

Start : 8 counts No Restart – No Tag	
[1-8] : Walk, Walk, Ball-Cross ¼ L, Step ¼ R, Rock ¼ R, Cross, Walk Back ¼ L 1-2 RF FW, LF FW	
3&4	Make ¼ L with RF to R side, Cross LF over RF, Make ¼ R with RF FW
5&6	LF FW, Recover to RF with ¼ R, Cross LF over RF
7&8	Make ¼ L with RF Back, LF Back, RF Back
[9-16] : Coaster-Step, Lock-Step, Step ½ L, Sweep, Rock Back, Rock Side, Cross Shuffle	
1&2	LF Back, RF next to LF, LF FW
&3&4	Cross RF behind LF, LF FW, Make 1/2 L with RF back with L Sweep from front to Back
5&6&	LF Back, Recover to RF, LF to L side, Recover RF
7&8	LF over RF, RF to R side, LF over RF
[17-24] : Side, Point, Mambo, Together, Side, Point, Mambo, Together	
1-2	RF to R side, Point LF to L side
3&4	LF to L side, Recover to RF, LF next to RF
5-6	RF to R side, Point LF to L side
7&8	LF to L side, Recover to RF, LF next to RF
[25-32] : Step, Lock, Step, Back, Coaster-Step, Step, Lock, Step, Coaster-Step	
1&2	RF Back, Cross LF over RF, RF Back
3&4	LF Back, RF next to LF, LF FW
5&6	RF FW, Cross LF behind RF, RF FW
7&8	LF FW, RF next to LF, LF Back
NOTA : RF = Right foot ; LF = Left Foot ; FW = Forward	
Smile and enjoy the dance	
Contact : maellynedance@gmail.com	



墙数: 2