

# EZ Selow

拍数: 80      墙数: 1      级数: Phrased Beginner  
编舞者: Dewi Abri (INA) & Wenarika Josephine (INA) - March 2019  
音乐: Selow - Via Vallen



Intro 16 counts , starts on vocal

Dance Sequence : A B tag1, A B tag2 , B B B B, A(16 counts), pose

## PART A – 48 COUNTS

### R FORWARD – JAZZ BOX

1 – 4            Step R fwd – cross L over R – step R back – step L to side  
5 – 8            Step R fwd – cross L over R – step R back – step L to side

### R FORWARD – JAZZ BOX

1 – 4            Step R fwd – cross L over R – step R back – step L to side  
5 – 8            Step R fwd – cross L over R – step R back – step L to side

### HEEL TOE TOUCHES – SIDE CHASSE

1 – 2            R heel fwd – R toe beside L  
3 & 4            Step R to side – L next to R – R to side  
5 – 6            L heel fwd – L toe beside R  
7 & 8            Step L to side – R next to L – L to side

### HEEL TOE TOUCHES – SIDE CHASSE

1 – 2            R heel fwd – R toe beside L  
3 & 4            Step R to side – L next to R – R to side  
5 – 6            L heel fwd – L toe beside R  
7 & 8            Step L to side – R next to L – L to side

### R FWD – L KICK – L BACK – R TOUCH BACK

1 – 4            Step R fwd – L kick fwd – step L back – touch R back  
5 – 8            Step R fwd – L kick fwd – step L back – touch R back

### R FWD – L KICK – L BACK – R TOUCH BACK

1 – 4            Step R fwd – L kick fwd – step L back – touch R back  
5 – 8            Step R fwd – L kick fwd – step L back – touch R back

## PART B – 32 COUNTS

[1 - 16] : (hand movements while bounce both knees up & down)

1 – 2            right arm bend chest level, palm face down, do the waves  
3 – 4            left arm bend chest level, palm face down, do the waves  
5 – 6            right arm bend chest level, palm face down, do the waves  
7 – 8            left arm bend chest level, palm face down, do the waves  
9 – 10           raise both arms over head slightly to the left, move palms back & forth  
11-12           swift both arms slightly to the right, move palms back & forth  
13-14           open both arms , palms facing up  
15-16           cross both arms to chest

[17-32] : repeat count 1 – 16

\*Tag 1 (16 counts) :

Walk forward – pivot ½ left – Out out In In

1 – 4            walk forward on R - L – R – pivot ½ left (6.00)

5 – 8 walk forward on R - L – R – pivot ½ left (12.00)  
1 – 4 Step R fwd diag right – step L fwd diag left – step R to centre – step L beside R  
5 – 8 Step R fwd diag right – step L fwd diag left – step R to centre – step L beside R

**\*\*Tag 2 (24 counts) , do tag 1 and add :**

**Walk forward – pivot ½ left**

1 – 4 walk forward on R - L – R – pivot ½ left (6.00)  
5 – 8 walk forward on R - L – R – pivot ½ left (12.00)

**Enjoy the dance!!**

**Contact email : [wenarikajosephine@gmail.com](mailto:wenarikajosephine@gmail.com)**

---