

Slow Mo

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Mercè ORRIOLS (ES), Yang Lim (SCO) & Valérie DEL CAMPO (FR) - January 2020
音乐: Slow-Mo' - Kyle Shobe & the Walk 'Em Boys : (CD: Long Overdue - 2019)



[1-8] RIGHT ½ RUMBA FWD, LEFT HOOK, LEFT ½ RUMBA FWD, RIGHT HOOK

1-2 Step right side, step left together
3-4 Step right forward, hook left behind Right
5-6 Step Left side, step Right together
7-8 Step Left forward, hook Right behind Left

[9-16] BACK, HOOK, FORWARD, HOOK, STEP LOCK STEP BACK, STOMP UP

1-2 Step right back, hook left over
3-4 Step left forward, hook right back
5-6 Step right back, lock left over
7-8 step right back, left stomp up

[17-24] LEFT GRAPEVINE end CROSS, ¼ TURN LEFT & ROCK FORWARD, ¼ TURN LEFT & STEP, SCUFF

1-2 Step left side, cross right behind
3-4 Step left side, cross right over
5-6 Turn ¼ left and rock left forward, recover to right (9:00)
7-8 Turn ¼ left and step left forward, scuff right forward (6:00)

[25-32] (Jumping back) R CROSS ROCK, KICK, R CROSS ROCK, KICK, R ROCK BACK & KICK, STOMP RIGHT, HOLD

1-2 Cross right over Left, recover to left & kick right forward
3-4 Cross right over Left, recover to left & kick right forward
5-6 Right rock step back and kick left, recover to left
7-8 Right stomp together, hold

[33-40] RIGHT KICK, STEP, ½ TURN LEFT & LEFT KICK, STEP, RIGHT ROCK FORWARD, ¼ TURN RIGHT & STEP

33-34 Kick right forward, step right (flick left)
35-36 Turn ½ left & kick left forward, step left (flick right) (12:00)
37-38 Rock right forward, recover to left
39-40 Turn ¼ right and kick right, step right together (3:00)

[41-48] KICK, STOMP, FLICK, STOMP, SIDE, BEHIND, ¼ TURN LEFT, SCUFF

1-2 Kick left forward, stomp left beside right
3-4 Kick left to left, stomp left beside right
5-6 Step left side, Cross right behind
7-8 Turn ¼ to left & Step left forward, scuff right forward (6:00)

[49-56] STEP ½ TURN LEFT, ½ TURN RIGHT TOE STUT, LEFT TOE STRUT BACK, RIGHT TOE STRUT ½ TURN RIGHT

1-2 Step right forward, turn ½ left
3-4 Step right toe forward, turn ½ left and drop right heel (12:00)
5-6 Step left toe back, drop left heel
7-8 Step right toe back, turn ½ right and drop right heel (6:00)

[57-64] ROCK SIDE, KICK, TOGETHER, ROCK SIDE, STOMP, HOLD

- 1-2 Rock left side, recover on right
- 3-4 Kick left forward, step let together
- 5-6 Rock right side, recover to left
- 7-8 Stomp right together, hold

Start again

TAG 1: After 3 th wall (12:00)

(1-8) RIGHT GRAPEVINE, LEFT GRAPEVINE

- 1-2 Step right side, cross left behind
- 3-4 Step right side, scuff left forward
- 5-6 Step left side, cross right behind
- 7-8 Step left side, scuff right forward

(9-16) STEP, ½ TURN LEFT, STEP, HOLD, STEP ½ TURN RIGHT, STEP HOLD

- 1-2 Step right forward, turn ½ left (6:00)
- 3-4 Step right forward, hold
- 5-6 Step left forward, turn ½ right (12:00)
- 7-8 Step left forward, hold

(17-34) RIGHT TOE STRUT, LEFT TOE STRUT, ROCK RIGHT BACK, STOMP, HOLD

- 1-2 Step right toe, drop right heel
- 3-4 Step left toe, drop left heel
- 5-6 Rock right back, recover on left
- 7-8 Stomp right, hold

(25-28) SIDE, SCUFF LEFT, SIDE, SCUFF RIGHT

- 1-2 Step right side, scuff left forward
- 3-4 Step left side, scuff right forward

TAG 2: After 6th wall (12:00)

The same steps (1-8) as in Tag 1

(1-8) RIGHT GRAPEVINE, SCUFF, LEFT GRAPEVINE, SCUFF

- 1-2 Step right side, cross left behind
 - 3-4 Step right side, scuff left forward
 - 5-6 Step left side, cross right behind
 - 7-8 Step left side, scuff right forward
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