

Let's Slow Down (P)

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 0 级数: Intermediate Partner
编舞者: Dan Albro (USA) & Kelly Albro (USA) - July 2020
音乐: Slow Down - Gone West



Intro: 32 counts *tag/restart

Start: Side by side position, facing FLOD

[1-8] Both: FWD TOUCH, BACK TOUCH, STEP, LOCK, STEP, BRUSH

1,2,3,4 Step fwd L, touch R next to L, * step back L, touch R next to L

5,6,7,8 Step fwd L, lock step R behind L, step fwd L, brush R fwd

* Tag/Restart Beginning of 3rd repetition – after counts 1,2 add: step, hold, step, hold Then restart.

[9-16] MAN-ROCK, REPLACE, ¼ TURN, HOLD, CROSS ROCK, REPLACE, STEP SIDE, HOLD

[9-16] LADY-ROCK, REPLACE, ½ TURN, HOLD, STEP, ½ PIVOT, STEP, HOLD

1,2,3,4 Man: Rock fwd R, replace weight L, turn ¼ right stepping side R, hold

5,6,7,8 Man: Cross rock L over R, replace weight R, step side L, hold OLOD

1,2,3,4 Lady: Rock fwd R, replace weight on L, turn ½ right stepping fwd R, hold

5,6,7,8 Lady: Step fwd L, pivot ½ right (weight on R), step fwd L, hold FLOD

Hands Count 5: Release right and bring left over ladies head.

[17-24] MAN-CROSS ROCK, REPLACE, STEP, HOLD, ¼ TURN ROCK, REPLACE, ½ TURN, HOLD

[17-24] LADY -STEP, ½ PIVOT, STEP, HOLD, ROCK, REPLACE, ½ TURN, HOLD

1,2,3,4 Man: Cross rock R over L, replace weight L, turn ¼ right stepping fwd R, hold

5,6,7,8 Man: Rock fwd L, replace weight R, turn ½ left stepping fwd L, hold FLOD

1,2,3,4 Lady: Step fwd R, pivot ½ left (weight on L), step fwd R, hold

5,6,7,8 Lady: Rock fwd L, replace weight R, turn ½ left stepping fwd L, hold FLOD

Hands Count 1: release left and pick up right. Count 5: pick up left into reverse side by side position.

[25-32] Both: STEP, LOCK, STEP, SWEEP, STEP, SWEEP, STEP, HOLD

1-8 Step fwd R, lock step L behind R, step fwd R, sweep L fwd, step fwd L, sweep R fwd, step fwd R, hold

[33-40] Both: ¼ TURN, WEAVE, ¼ ROCK, REPLACE, ¼ TURN, HOLD

1,2,3,4 Turn ¼ right stepping side L, cross R behind L, step side L, cross R over L

5,6,7,8 Turn ¼ left rocking fwd L, replace weight R, turn ¼ left stepping side L, hold ILOD

Hands Count 6: Release hands.

[41-48] MAN-STEP, ½ PIVOT, STEP, HOLD, ROCK FWD, REPLACE, STEP TOGETHER, HOLD

[41-48] LADY -ROCK FWD, REPLACE, TOUCH SIDE, HOLD, COASTER STEP

1-8 Man: Step fwd R, ½ pivot left (weight L), step fwd R, hold, rock fwd L, replace R, step L next to R, hold OLOD

1-8 Lady: Rock fwd R, replace weight L, touch R toe side, hold, step back R, step L next to R, step fwd R, hold

Hands Count 7: Connect into closed social position.

[49-56] STEP, TOUCH, STEP, TOUCH, SIDE, TOGETHER, SIDE, TOUCH

1-8 Man: Step side R, touch L next to R, step side L, touch R next to L, step side R, step L next to R, step side R, touch

1-8 Lady: Step side L, touch R next to L, step side R, touch L next to R, step side L, step R next to L, step side L, touch

[57-64] MAN-STEP, TOUCH, STEP, TOUCH, ¼ TURN, HOLD, STEP, HOLD

[57-64] LADY -STEP, TOUCH, STEP, TOUCH, ¼ TURN, ½ TURN, ½ TURN, HOLD

1,2,3,4 Man: Step side L, touch R next to L, step side R, touch L next to R

5,6,7,8 Man: Turn $\frac{1}{4}$ left stepping fwd L, hold, step fwd R, hold FLOD
1,2,3,4 Lady: Step side R, touch L next to R, step side L, touch R next to L
5,6,7,8 Lady: Turn $\frac{1}{4}$ right stepping fwd R, turn $\frac{1}{2}$ right stepping back L, turn $\frac{1}{2}$ right stepping fwd L,
hold FLOD

Hands Count 5: Man brings lady's right up and puts it in his right.
