

We Can Go Slow

拍数: 32 墙数: 2 级数: Intermediate / Advanced
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音乐: Wild - John Legend & Gary Clark Jr. : (3:16)



#8 counts intro.

Back step with sweep R L, weave L, back rock R, full turn L, run LRL

- 1-2 Step back on RF sweeping LF from front to back (1), step back on LF sweeping RF from front to back.
- 3-a4-a Cross RF behind LF (3), Step LF to L side (a) cross RF over LF (4), step LF to L (a)
- Styling option: make the cross steps on the ball of your foot.**
- 5-6-7 Rock back on RF (5) (1.30) recover to LF (6), make a ½ turn L stepping back on RF, sweep L heel close to the floor for another ½ turn (7).
- 8&a Turn 1/8 run forward on L (8), turn 1/8 run forward on R (&), turn 1/8 run forward on L (a) (9.00)

Point, spiral turn R, Step & press R L R, recover, back, side, jazz box, cross

- 1-2 Point R toe to R (1), make a 7/8 spiral turn R on LF (2) (7.30)
- 3-4-5 Press RF forward and angle your body to L diagonal (3), Press LF forward and angle your body to R diagonal (4), Press RF forward and angle your body to L diagonal (5) (Travel forward on the press-steps).
- a6-a7 Recover on to LF (a), step back on RF (6), step LF to L (a) (6.00), cross RF over LF (7) (into jazz box)
- 8&a Step back on LF (8), step RF to R (&), cross LF over R (a).

Press and shoulder roll x3, behind, turn ¼, pivot ½, turn ¼, behind, back side cross

- 1-a2-a3-a Press RF to R diagonal and roll your R shoulder downwards (like if you're digging) (1) recover on to LF and roll R shoulder upwards (a) (7.30), repeat for count 2-a3-a.
- 4-a5-6 Step back on RF (4), turn ¼ stepping LF forward (a) (3.00), step RF forward (5), make ½ turn L stepping forward on LF (6) (9.00).
- a7 Turn ¼ stepping RF to R (a) (6.00), step LF behind RF (7)
- 8&a Turn 1/8 stepping back on RF (8) (5.30), turn 1/8 stepping LF to L (&) (3.00), cross RF over LF (a).

Side, ½ turn, "Box turn" weave and sweep, cross, back ¼, back.

- 1-2 Step LF to L (1), make a ½ turn R stepping RF next to LF and pop R knee (2).
- 3-4-5 Turn ¼ R stepping LF to L (3) (12.00), turn ¼ R stepping RF to R (4) (3.00), turn ½ R stepping LF to L (5) (9.00).
- 6-a7 Cross RF behind LF (6), step LF to L (a), Cross RF over LF and sweep LF back to front (7).
- 8&a Cross LF over R (8), turn ¼ stepping back on RF (&) (6.00), step back on LF (a).

Start again!

Good luck and Enjoy!