

# Slowing Down

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Mariella Di Clemente (CH) - March 2021  
音乐: Slowing Down - Travis Tritt



**Intro: 16 counts - 1 tag - ending**

**[1-8] SIDE BEHIND, SIDE CROSS, SIDE ROCK RECOVER, CROSS HOLD**

1,2            RF step to right, LF cross behind RF  
3,4            RF step to right, LF cross over RF  
5,6            RF step to side, weight recover on LF  
7,8            RF cross over LF, hold

**[9-16] SIDE BEHIND, SIDE HEEL, SIDE CROSS, SIDE HEEL**

1,2            LF step to left, RF cross behind LF  
3,4            LF step to left, RF touch on heel  
5,6            RF step to right, LF cross over RF  
7,8            RF step to right, LF touch on heel

**[17-24] COASTER STEP SCUFF, STEP LOCK STEP HOLD**

1,2            LF step back, RF step beside LF  
3,4            LF step forward, RF scuff forward  
5,6            RF step forward, LF lock behind RF  
7,8            RF step forward, hold

**[25-32] STEP 1/4 TURN, CROSS HOLD, HIP SWAY, RECOVER TOUCH**

1,2            LF step forward, 1/4 turn right  
3,4            LF cross over RF, hold  
5,6            RF step to right, sway to right  
7,8            Sway recover on LF, RF touch beside LF

**Notice: Replace at count 8 in last section of wall 11 touch with hold**

**TAG: after wall 11**

**HIP SWAY, RECOVER TOUCH**

1,2            RF step to right, sway to right  
3,4            Sway recover on LF, RF touch beside LF

**ENDING: 4 counts after section 2 in wall 15: turn 1/2 unwind to left**

Submitted by - Urs Fischer: [aponidancers@gmail.com](mailto:aponidancers@gmail.com)

Last Update - 7 March 2021