

Slow It Down

拍数: 32 墙数: 4 级数: Improver
编舞者: Sandra Lumbanraja (INA) - April 2022
音乐: Slow It Down - Charlie Puth



Dance starts after 16 counts

SECTION 1: BIG STEP BACKWARD- CLOSE- (TOE TOUCH FORWARD, CLOSE)(R/L)- STEP-LOCK - STEP-LOCK-STEP

1 - 2 Big step RF backward (1), LF close beside RF (2)
3&4& Touch RF toes forward (3), RF close beside LF (&), touch LF toes forward (4), LF close beside RF (&)
5 - 6 RF step forward (5), LF lock behind RF (6)
7&8 RF step forward (7), LF lock behind RF (&), RF step forward (8)

SECTION 2: STEP -PIVOT ¼R- CROSS SHUFFLE- SIDE SWITCHES- STEP -HEEL TWIST (RL)

1 - 2 LF step forward (1), pivot ¼R and change weight to RF (2)(03:00)
3&4 LF cross over RF (3), RF to side (&), LF cross over RF (4)
5&6& RF side touch to R (5), RF close (&), LF side touch to L (6), LF close (&)
7&8 RF step forward (7), swivel both heels to R (&), swivel both heels return to center (8)

(Restart here on wall 4)

SECTION 3: SAILOR ¼ R- FORWARD ROCK RECOVER- BACK- STEP BACK (2X) WITH SWEEP- ANCHOR STEP

1&2 Cross RF behind LF with turn ¼R (1), step LF to side (&), step RF to side (2) (06:00)
3&4 Step LF forward (3), RF recover (&), step back on LF (4)
5 - 6 RF step back with sweep (5), LF step back with sweep (6)
7&8 RF step back (7), LF recover (&), RF recover (8)

SECTION 4: SCISSOR- TURN ¼R- TURN ½R-FORWARD ROCK RECOVER- BACK

1&2 LF to L side (1), RF close (&), LF cross over RF (2)
3&4 RF to R side (3), LF close (&), RF cross over LF (4)
5 - 6 LF back with turn ¼R (5)(09:00), RF forward with turn ½R (6)(03:00)
7&8 LF forward (7), RF recover (&), step back on LF (8)

Ending at wall 11 after 5 counts then facing 12:00

Have fun and enjoy the dance ♥

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