

SloMo

拍数: 48 墙数: 2 级数: Phrased Easy Intermediate
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音乐: SloMo - Chanel



- Intro (8 Counts)
- 48C (consists of Part A: 32C, Part B: 16C)
- 2 Tags (2C) - 1/2 Pivot
- Sequence: ABBA tag(2C) ABBA ABBA tag

PART A (32 Counts)

S1# V STEP - SIDE TOUCH - CLOSE TOUCH - SIDE TOUCH - SAILOR STEPS - 1/4 TURN WITH SWEEP OUT - COASTER STEPS

- 1&2& step RF diagonally fwd, step LF diagonally fwd, step RF back to center, close LF next to RF
- 3&4. touch RF to side, close touch RF next to LF, touch RF to side
- 5&6. cross RF behind LF, close LF next to RF, step RF to side
- 7&8. 1/4 turn left sweep LF out then step LF back, close RF next to LF, step LF fwd

S2# LOCK SHUFFLE FWD (R - L) - PADDLE TURN TO LEFT

- 1&2. step RF fwd, lock LF behind RF, step RF fwd
- 3&4. step LF fwd, lock RF behind LF, step LF fwd
- 5, 6. step RF fwd, 1/4 turn left with hip roll and weight is on LF
- 7, 8. step RF fwd, 1/4 turn left with hip roll and weight is on LF

S3# BOTAFOGO (R - L) - 1/4 JAZZ BOX TURN

- 1&2. cross RF over LF, step LF slightly to side, recover on RF
- 3&4. cross LF over RF, step RF slightly to side, recover on LF
- 5, 6. cross RF over LF, 1/4 turn right step LF back
- 7, 8. step RF to side, cross LF over RF

S4# SINGLE STEP & DOUBLE STEPS (R - L)

- 1&2&. step RF to side, close touch LF next to RF, step LF to side, close touch Rf next to LF
- 3&4. step RF to side, close LF next to RF, step RF to side
- 5&6& step LF to side, close touch RF next to LF, step RF to side, close touch LF next to RF
- 7&8. step LF to side, close RF next to LF, step LF to side

Part B (16 Counts)

S1# CROSS - RECOVER - SIDE SHUFFLE (R- L)

- 1, 2. cross RF over LF, recover on LF
- 3&4 step RF to side, close LF next to RF, step RF to side
- 5, 6 cross LF over RF, recover on RF
- 7&8. Step LF to side, close RF next to LF, step LF to side

S2# 1/2 PIVOT - 1/2 PIVOT - CLOSE TOGETHER - WALK IN PLACE

- 1, 2. step RF fwd, 1/2 turn left weight on LF
- 3, 4. step RF fwd, 1/2 turn left weight on LF
- 5 close RF next to LF
- 6 - 8. step in place.

Tag (2C)

- 1, 2. step RF fwd, 1/2 turn left weight is on LF

Repeat from the start

Let's get sweaty, healthy and happy!

Best Regards - Herman Baso

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