

Take It Slow Motion

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Low Intermediate
编舞者: Sonny V. (DE) - March 2025
音乐: Slow Motion - Marshmello & Jonas Brothers



*1 Restart

The dance starts after 16 counts, together with lyrics

Section 1 [1-8] Step ½ Turn, V-Step (out on Heels), Touch Back ¼ Turn, Ball, Shuffle ¼ Turn

1-2 RF fwd. – ½ turn left step on LF (6:00)
&3&4 RF step out on heel – LF step out on heel – RF step right back in – LF step left back in
5-6 RF toes touch back – ¼ turn right, weight stays on LF (9:00)
&7&8 RF ball next to LF – ¼ turn left step on LF (6:00) – RF step next to LF – LF fwd.

Section 2 [9-16] Rock Step Ball, Rock Step Ball, Side Rock Ball, Coaster Step

1-2& RF rock fwd. – recover on LF – RF ball step next to LF
3-4& LF rock fwd. – recover on RF – LF ball step next to RF
5-6& RF rock right – recover on LF – RF ball step next to LF
7&8 LF step back – RF step next to LF – LF step fwd.

*Restart the dance here in wall 4 (12:00)

Section 3 [17-24] Mambo Step, Back Lock Back, Full Turn Back with Sweep, Behind Side Cross

1&2 RF rock fwd. – recover on LF – RF step back
3&4 LF step back – RF lock in front of LF – LF step back
5-6 ½ turn right stepping RF fwd.(12:00) – ½ turn right further stepping LF back (6:00)
and sweep RF from front to back
7&8 RF step behind LF – LF step left – RF cross over LF

Section 4 [25-32] Dorothy Left, Dorothy Right, Rock Step, Ball, Side Rock, Back Rock

1-2& LF step diagonally left fwd. – RF lock behind LF – LF step diagonally left fwd.
3-4& RF step diagonally right fwd. – LF lock behind RF – RF step diagonally right fwd.
5-6& LF rock fwd. – recover on RF – LF ball step next to RF
7&8& RF rock right – recover on LF – RF rock back – recover on LF

Start again – Good luck and have fun! ☐

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