

Slow Dance

拍数: 56 墙数: 2 级数: Intermediate
编舞者: Noel Bradey (AUS) & Michael Vera-Lobos (AUS)
音乐: Maybe Not Tonight - Sammy Kershaw & Lorrie Morgan



- 1-2 Step left to left, replace weight to right while sliding left heel towards right foot
3&4 Step back on left, step right beside left, step forward on left
5-6 Step right to right, replace weight to left while sliding right heel towards left foot
7&8 Step back on right, step left beside right, step forward on right
- 1&2 Step forward on left, replace weight to right commencing a $\frac{1}{2}$ turn left, step forward on left completing the $\frac{1}{2}$ turn left
3&4 Step forward on right, on ball of right pivot $\frac{1}{2}$ turn left stepping forward on left, step forward on right
5&6 Step forward on left, replace weight to right commencing a $\frac{1}{4}$ turn left, step forward on left completing the $\frac{1}{4}$ turn left
7&8 Step forward on right, on ball of right pivot $\frac{1}{2}$ turn left stepping forward on left, step forward on right
- 1&2 Traveling slightly forward turn full turn left stepping left-right-left
3&4 Step right to right side, replace weight to center on left, cross/step right over left
5&6 Step left to left side, turn $\frac{1}{4}$ turn right step on right, cross step left over right
&7&8 Traveling to the right; step right to right, cross/step left over right, step right to right, cross/step left over right
- 1&2 Traveling slightly turn to the right 1 & $\frac{1}{4}$ right stepping right-left-right
3&4 Step back on left, cross/step right over left, step back on left
5-6 Turn $\frac{1}{4}$ turn right stepping right to right, cross/step left over right
&7&8 Traveling to the right; step right to right, cross/step left over right, step right to right, cross/step left over right
- 1&2 Turning $\frac{1}{4}$ turn left step back on right, slide/step left beside right, step forward on right
3&4 Shuffle forward left-right-left
5&6 Turning $\frac{1}{2}$ turn left step back on right, turning a further $\frac{1}{2}$ turn left, step slightly forward on left, step forward on right
&7&8 Step back on left, step back on right, on ball of right turn $\frac{1}{2}$ turn left stepping forward on left, step forward on right
- 1&2 Step forward on left, turn $\frac{1}{4}$ turn right stepping on right, cross/step left over right
&3&4 Low kick right to right side, cross shuffle right over left, step left to left, step right over left (moving left)
&5&6 Low kick left to left side, cross shuffle left over right, step right to right, step left over right (moving right)
7&8 Step right to right, step left beside right, turning $\frac{1}{4}$ turn right step forward on right
- 1&2 Step forward on left, on ball of left pivot $\frac{1}{2}$ turn right sliding right to left (end weight on right), step forward on left
3&4 Step forward on right, on ball of right pivot $\frac{1}{2}$ turn left sliding left to right (end weight on left), step forward on right
5&6 Traveling slightly forward; step back on left turning $\frac{1}{2}$ turn right, step right beside left turning a further $\frac{1}{2}$ turn right, step forward on left
7-8 Touch right behind left, turn $\frac{3}{4}$ turn right transferring weight to right foot

REPEAT
