

Slow Down

拍数: 0 墙数: 0 级数:
编舞者: Mecky Martino (USA)
音乐: Slow Down Baby - Christina Aguilera



Sequence: AAB, AAB, AB, AA

PART A

RIGHT FORWARD, ¼ SAILOR STEP, TOUCH, POINT, TOGETHER, ¼ SAILOR SKATE, SKATE

- 1-2&3 Step right forward, step left behind making ¼ turn left, step right to right, step left to left (sailor step)
&4 Touch right next to left (&), point right to right
5-6&7 Step right next to right, step left behind making ¼ turn left, step right to right, skate forward with left
8 Skate forward with right (6:00)

¼ TURN TRIPLE LEFT-RIGHT-LEFT, BRUSH, SIDE, TOGETHER, BACK, TURN STEP, PRESS, RECOVER, ROCK, RECOVER

- 1&2 Make ¼ turn left and triple forward left-right-left
&3&4 Brush right slightly forward, step right to right and slightly back, step left next to right, step right back
5&6 Make ¼ turn left stepping left forward, touch right next to left, point right to right and press with weight (12:00)
7-8& Recover weight onto left, rock right back, recover onto left
At times during the dance, there is a stop on beat 6. The count then will be:
7&8& Hold, recover weight onto left, rock right back, recover onto left

STEP RIGHT TO 2:00, ROCKING HORSE, TOGETHER, STEP RIGHT TO 5:00, ROCKING HORSE, TOGETHER

- 1-2& Step right diagonally to 2:00, rock left forward, recover onto right
3&4 Rock left back, recover onto right, step left next to right
5-6& Step right diagonally to 5:00, rock left forward, recover onto right
7&8 Rock left back, recover onto right, step left next to right (5:00)

STEP RIGHT TO 9:00, ROCK STEP STEP, ROCK STEP STEP, BALL, STEP, TURN, BALL, STEP

- 1-2&3 Turn to 9:00 stepping right forward, rock left across right moving shoulders back, recover onto right, step left to left
4&5 Rock right across left moving shoulders back, recover onto left, step right to right (9:00)
6&7 Step left behind right, step right in place, step left next to right making ¼ left
&8 Ball step right slightly behind left (&), step left in front of right making ¼ turn left (3:00)

PART B

STEP, CROSS, ROCK, RECOVER, TURN, TURN, STEP, CROSS, ROCK, RECOVER, STEP, TOGETHER

- 1-2-3& Large step right to right, step left across right, rock and press right to right, recover onto left
4& Step right behind left, step left forward making ¼ turn left
5-6-7& Large step right to right making ¼ turn left, step left across right, rock and press right to right, recover onto left
8& Step right behind left, step left next to right

BACK, BACK, MAMBO BACK, MAMBO LEFT, STEP, PIVOT, STEP

- 1-2 Step right back, step left back
3&4 Step right back, step left in place, step right next to left (mambo back)
5&6 Step left to left, step right in place, step left next to right (mambo left)

7&8 Step right forward, pivot ¼ turn left moving hips forward, replace weight on left moving hips to left

1-8 Repeat first 8 steps of part b

HEEL, STEP, TOUCH, STEP, HEEL, STEP, TURN CHASSE LEFT-RIGHT-LEFT, PRESS, RECOVER, ROCK, RECOVER

1&2& Touch right heel in front of left, step right next to left, touch left toe next to right, step left next to right

3&4&5 Touch right heel in front of left, step right next to left, making ¼ turn right step left to left, step right next to left, step left to left

6-7&8& Point right to right and press with weight, recover weight onto left, rock right back, recover onto left

At times during the dance, there is a stop on beat 6. The count then will be:

7&8& Hold, recover weight onto left, rock right back, recover onto left

The stops will occur on the 1st, 3rd, and 6th Part A. Also on the 2nd and 3rd Part B
