

Slow Me Down

拍数: 44 墙数: 4 级数:
编舞者: Dee Greenberg
音乐: Slow Me Down - Shelby Lynne



STEP AND HOLD:

1-4 Right foot steps across left foot, hold, left foot steps across right foot, hold
5-8 Repeat 1-4

TOE TOUCHES TO SIDES, KICKS:(EXECUTE THE FOLLOWING 4 COUNTS SMOOTHLY)

9&10 Right toe touch to right side, bring right foot together, left toe touch to left side
11&12 Bring left foot together, right toe touch to right side, right foot together
13-14 Left foot kicks forward twice
15&16 Step back on left foot, step back on right foot, step forward on left foot

KICK-BALL-CHANGES, KICK AND STEP:

17-20 Two kick-ball-changes starting with right foot
21-24 Right foot kicks forward twice, step back on right foot, step back on left foot, step forward on right foot

SHUFFLES AND PIVOT:

25-28 Shuffle step forward starting on left foot, shuffle step forward starting on right foot
29-32 Shuffle step forward starting on left foot, step forward on right foot, pivot one-half turn to the left and shift weight onto left foot

SHUFFLES AND PIVOTS:

33-36 Shuffle step forward starting on right foot, step forward on left foot, pivot one-half turn to right and shift weight onto right foot
37-40 Step forward on left foot, pivot one-quarter turn to the right and shift weight onto right foot, step forward slightly on left foot, step right foot across left foot
41-44 Pivot one-half turn to the left on both feet, hold, right foot steps across left foot, pivot one-half turn to the left on both feet

REPEAT
