

# Slowing Down

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Terry Hogan (AUS)  
音乐: Slow Poke - Tom Morrell & The Timewarp Tophands



- 1-2&      Rock/step left foot slightly forward, rock back onto right, step left foot beside right  
3-4      Step right foot slightly forward, tap left toe across behind right heel  
5-6      Step left foot forward, brush right foot forward  
7-8      Brush right foot backward, tap right toe to the back
- 9-10      Step right foot to the side, hold  
11&      Step left across behind right, rock/step ball of right foot to the side  
12-13      Rock/replace weight onto left, step right across behind left foot  
14-15      Rock/step ball of left foot to the side, rock/replace weight onto right foot making ¼ turn right  
16      Brush left foot forward
- 17-18      Step forward on left foot, tap right toe behind left heel  
19-20&      Step backward onto right foot, make ¼ turn left & step left foot to the side, step right beside left  
21-22      Step left to the side, tap right toe across behind left foot  
23-24      Rock/step right foot to the side, rock/replace weight on left foot
- 25&26      Cross shuffle right foot in front of left (right-left-right) (traveling left)  
27-28      Rock/step left foot to the side, rock/replace weight on right foot making ¼ turn left  
29      Make ½ turn left on ball of right foot & step left foot forward  
30      Make ½ turn left on ball of left foot & step right foot backward  
31      Make ½ turn left on ball of right foot & step left foot forward  
**Counts 29-31 total 1 ¼ rolling turn to finish facing 6:00 wall**  
32      Step right foot forward
- 33-34&      Rock/step left foot slightly forward, rock backward onto right, step left foot beside right  
35-36      Step right foot forward, brush left foot forward  
37&38      Shuffle forward left-right-left  
39-40      Step right foot forward, make ¼ turn right on right foot swinging left foot around close to floor
- 41-42      Step left foot across in front of right, hold  
&      Step right foot to the right side  
43-44      Step left foot across in front of right, hold  
&45      Step right foot to the right side, step left foot across in front of right  
46      Rock/step right foot to the side & make ¼ turn right  
47      Make ¼ turn right on ball of right foot & step left foot to the side  
48      Make ¼ turn right on ball of left foot & step right foot to the side  
**You will be facing 6:00 wall when you complete count 48**
- 49-50      Step left foot across in front of right, hold  
&      Step right foot to the right side  
51-52      Step left foot across in front of right, hold  
&53      Step right foot to the right side, step left foot across in front of right  
54      Rock/step right foot to the side  
55      Rock sideward onto left foot & make ½ turn left  
56      Step right foot to the side

57&58 Step left across behind right, step right foot to the side, step left across in front of right foot  
59-60 Step right foot to the side, hold  
61&62 Step left across behind right, step right foot to the side, step left across in front of right foot  
63 Step right foot to the side  
64 Make ½ turn right on ball of right foot swinging left foot around close to floor

**REPEAT**

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