

# Hurry Up, Slow Down

**COPPER** **NOB**  
BY STEPHANETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Séverine Fillion (FR) - February 2013  
音乐: "Hurry Up, Slow Down" by Don Derby



Intro : 32 counts

## [1-8] TOE STRUT FWD (RIGHT & LEFT), ROCKING CHAIR

1-2            Right ball fwd, drop right heel  
3-4            Left ball fwd, drop left heel  
5-6            Rock step right fwd,, recover on left  
7-8            Rock step right back, recover on left

## [9-16] SIDE, CROSS KICK, SIDE, CROSS KICK, JAZZ BOX 1/4TURN

1-2            Right step to the right, left kick diagonally right fwd  
3-4            Left step to the left, right kick diagonally left fwd  
5-6            Right cross over left, left step back  
7-8            ¼ turn right stepping right to right side, left step fwd \* Restart here on 3th wall

## [17-24] VINE, SCUFF, VINE, SCUFF

1-3            Right step to the right, left cross behind right, right step to the right  
4              Scuff left next to right  
5-7            Left step to the left, right cross behind left, left step to the left

**Option for 5-7 : Rolling vine left : ¼ turn left stepping left fwd, ½ turn left stepping right back, ¼ turn left stepping left to left**

8              Scuff right next to left

## [25-32] STOMP OUT, HOLD (RIGHT & LEFT), ROLLING HIPS

1-2            Stomp right to right side, Hold  
3-4            Stomp left to left side, Hold  
5-8            Rolling your hips (opposite clockwise)

Start again and enjoy !

Restart: On wall 3 after 16 counts at 9:00

Contact: [cfillion@wanadoo.fr](mailto:cfillion@wanadoo.fr)