

# Slow Down

拍数: 48                      墙数: 2                      级数: Phrased Intermediate  
编舞者: Dan Morrison (CAN) - December 2013  
音乐: Slow Down - Selena Gomez



Intro: 16 Counts, Start just before Lyrics  
Sequence: A-A-B-A-A-A-B-A till end of song

## "A" - 32 counts

### Walk 2x, Scissor, Side, Behind, Rock-Step-Cross

1-2                      Step R forward (1) Step L forward (2)  
3&4                     Step R side R (3) Step L beside R (&) Step R over L (4)  
5-6                     Step L side L (5) Step R behind L (6)  
7&8                     Step L side L (7) Step R in place (&) Step L over R (8)

### Step, Hold, Ball-Step, Hold, Rock-Recover, 1/4 Shuffle

1-2                     Step R side R (1) Hold (2)  
&3-4                    Step L beside R (&) Step R side R (3) Hold (4)  
5-6                     Step L over R (5) Recover onto L (6)  
7&8                     Step L side L (7) Step R beside L (&) Step L 1/4 L (8)

### Step, 1/4 Touch, 1/4 Step, Touch, Coaster, 1/4 Pivot

1-2                     Step R forward (1) 1/4 L, Touch L forward (2)  
3-4                     1/4 R, Step L back (3) Touch R forward (4)  
5&6                    Step R back (5) Step L beside R (&) Step R forward (6)  
7-8                     Step L forward (7) 1/4 Pivot, wt on R (8)

### Knee Pops, Hat-Dance, Rock-Recover, Touch, 1/2 Step

1&                      Pop L knee across R (1) Step L beside R (&)  
2&                      Pop R knee across L (2) Step R beside L (&)  
3&                      Touch L forward (3) Step L beside R  
4&                      Touch R forward (4) Step R beside L  
5-6                     Step L forward (5) Recover on R (6)  
7-8                     Touch L toe back (7) 1/2 turn L, Step L forward (8)

## "B" - 16 counts

### Step, Lock-Step-Step, Lock-Step-Step, 1/4 Sailor, Behind-Side-Cross

1                        Step R forward  
2&3                    Lock L behind R (2) Step R beside L (&) Step L forward (3)  
4&5                    Lock R behind L (4) Step L beside R (&) Step R forward (5)  
6&7                    1/4 L, Step L behind R (6) Step R beside L (&) Step L side L (7)  
8&1                    Step R behind L (8) Step L side L (&) Step R over L (1)

### Scissor, Side-Behind-1/4, Chase Turn, Lock-Step

2&3                    Step L side L (2) Step R beside L (&) Step L over R (3)  
4&5                    Step R side R (4) Step L behind R (&) Step R 1/4 R (5)  
6&7                    Step L forward (6) 1/2 Pivot R, wt on R (&) Step L forward (7)  
8&                     Lock R behind L (8) Step L beside R (&)

HAVE FUN AND ENJOY

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