

It All Slows Down

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Debbie Ellis (ES) - August 2015
音樂: It All Slows Down (feat. Aubrey Peeples) - Nashville Cast : (Album: The Music of Nashville: Season 2, vol 2)



Intro – Start on vocals

S1: Side Rock, Recover Cross Shuffle, ¼, ¼, Shuffle Forward.

1-2 Rock R to R side, Recover on L.
3&4 Cross R over L, step L to L side, cross R over L.
5-6 Step back L making ¼ turn R, step fwd R making ¼ turn R.
7&8 Step L fwd, close R beside L, step L fwd.

S2: Walk, Walk, Kick Ball change, Rock, Recover, Coaster Step.

1-2 Walk fwd R,L.
3&4 Kick R fwd, step R in place, step L beside R.
5-6 Rock fwd on R, Recover on L.
7&8 Step R back, close L beside R, step R fwd.

S3: Step Pivot ¼ Turn, Turning Weave, Side, Drag, Touch.

1-2 Step L fwd, Pivot ¼ turn R.
3-4 Cross L over R, step R back making ¼ turn L.
5-6 Step L to L side making ¼ turn L, cross R over L.
7-8 Step L LONG step to L side, drag R to L, touch R beside L.

S4: Kick Ball Cross, Side, Drag, Kick Ball Cross, side Drag.

1&2 Kick R diagonally fwd, step R in place, cross L over R.
3-4 Step R LONG step to R side, drag L to R, touch L beside R.
5&6 Kick L diagonally fwd, step L in place, cross R over L.
7-8 Step L LONG step to L side, drag R to L, touch R beside L.

S5: Shuffle Forward, Shuffle ½ Turn, Shuffle ½ Turn, Rock, Recover.

1&2 Step R fwd, close L beside R, step R fwd.
3&4 Shuffle ½ turn R, stepping – L,R,L.
5&6 Shuffle ½ turn R, stepping – R,L,R.
7-8 Rock fwd on L, Recover on R.

S6: Shuffle ½ Turn, Shuffle ½ Turn, Chasse ¼ Turn, Cross Shuffle.

1&2 Shuffle ½ turn L, stepping - L,R,L.
3&4 Shuffle ½ turn L, stepping – R,L,R.
5&6 Step L to L side making ¼ turn L, close R beside L, step L to L side.
7&8 Cross R over L, step L to L side, cross R over L.

(Note:- These 2 sections are just turning shuffles one way then the other, and you will end up on your 12:00 wall)

S7: Side Rock, Back Rock, Rock ¼ Turn, Shuffle Forward.

1-2 Rock L to L side, Recover on R. (angle body to 11:00)
3-4 Rock back on L, Recover on R. (angle body to 11:00)
5-6 Rock L to L side, Recover on R making ¼ turn R.
7&8 Step L fwd, close R beside L, step L fwd.

S8: Full Turn, Shuffle Forward, Step Pivot ½ Turn, Shuffle forward.

1&2 Step R back making ½ turn L, step L fwd making ½ turn L.

3&4 Step R fwd, close L beside R, step R fwd.

5-6 Step L fwd, pivot ½ turn R. (weight on R)

7&8 Step L fwd, close R beside L, step L fwd.

Begin again, No Tags, No Restarts xxx
