

Move Slower (P)

拍數: 32 牆數: 0 級數: High Beginner
編舞者: Estelle Ward (UK) - January 2016
音樂: Nobody's Home - Clint Black



Adapted from line dance 'Move Slowly' by Michelle Risley

Sweetheart position at start and same footwork throughout

Rock side recover shuffle forward right then left.

1 2 Rock side right recover onto left
3&4 Shuffle forward right
5 6 Rock side left recover onto right
7&8 Shuffle forward left

Step quarter pivot left cross shuffle, weave

1 2 Step forward right quarter pivot left into centre
(Bring right arms over ladies head into reverse Indian)
3&4 Cross shuffle with right. (into reverse lien of dance)
5678 Step left to left side cross right behind left, step left to left side and cross right over left.

Rock side left recover cross shuffle, weave.

1 2 Rock left to left side recover onto right
3&4 Cross shuffle with left
5678 Step right to right side cross left behind right, step right to right side and cross left over right.

Rock side right, quarter turn to right, recover left, shuffle back, rock back recover shuffle forward

1 2 Rock side right recover onto left as you quarter turn right into line of dance.
(Hands back into sweetheart)
3&4 Shuffle back on right
5 6 Rock back left recover forward onto right
7&8 Shuffle forward left

Start again and enjoy

Thank you to Michelle for allowing me to adapt her line dance such a great dance and song.

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