

# Slow Down Brother

COPPERKNOB  
BY STEPHENETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Gaye Teather (UK) - May 2015  
音樂: Slow Down - Douwe Bob



#8 count intro. The track begins with a ticking clock sound. Count 8 beats of the clock and start on the first vocal)

Track available to download from Amazon and iTunes - Dance rotates in CCW direction

## Heel grind quarter turn Right. Coaster step. Step. Pivot quarter turn Right. Cross shuffle

1 – 2      Step Right heel forward. Quarter turn Right grinding Right toes to Right side (weight ends on Left)  
3&4      Step back on Right. Step Left beside Right. Step forward on Right  
5 – 6      Step forward on Left. Pivot quarter turn Right (Facing 6 o'clock)  
7&8      Cross Left over Right. Step Right to Right side. Cross Left over Right

## Right side rock. Behind-side-cross. Side Left. Touch. Right kick-ball-cross

1 – 2      Rock Right to Right side. Recover onto Left  
3&4      Cross Right behind Left. Step Left to Left side. Cross Right over Left  
5 – 6      Step Left to Left side (long step) Touch Right beside Left  
7&8      Kick Right foot forward. Step Right beside Left. Cross Left over Right

## Quarter turn Left. Half turn Left. Right shuffle forward. Forward rock. Back. Touch

1 – 2      Quarter turn Left stepping back on Right. Half turn Left stepping forward on Left (Facing 9 o'clock)  
3&4      Step forward on Right. Step Left beside Right. Step forward on Right  
5 – 6      Rock forward on Left. Recover onto Right  
7 – 8      Long step back on Left. Touch Right in front of Left (weight remains on Left)\*

Option: Click fingers of both hands at shoulder height leaning back slightly as you touch Right in front of Left on count 8\* Restart from beginning at this point during wall 8. You will be facing 12 o'clock

## Right shuffle forward. Forward rock. Full turn Left (travelling back). Coaster step

1&2      Step forward on Right. Step Left beside Right. Step forward on Right  
3 – 4      Rock forward on Left. Recover onto Right  
5 – 6      Half turn Left stepping forward on Left. Half turn Left stepping back on Right (Facing 9 o'clock)

## Option for counts 5 – 6: Walk back Left. Right

7&8      Step back on Left. Step Right beside Left. Step forward on Left

## Start again

The track will slow down very near the end. Slow your steps along with it. To finish facing front dance up to count 6 of final section, i.e. full turn Left (or walk back Left, Right). Then make another half turn Left stepping forward on Left and stomp Right beside Left!

Choreographer's Note: For Joe who recommended this great song!