

Slow Down

拍數: 32 牆數: 4 級數: Improver
編舞者: Jane Nilsson (SWE) - May 2016
音樂: Slow Down - Douwe Bob : (iTunes)



S1. Chassé right, ¼ turn & chassé left, rocking chair

1&2 Step right to right, step left beside right, step right to right
&3&4 Turn ¼ right & step left to left, step right beside left, step left to left
5-6 Rock forward on right, recover onto left
7-8 Rock backward on right, recover onto left

S2. Toe strut x 2, shuffle, ½ step turn

1-2 Touch right toe forward, step down on right
3-4 Touch left toe forward, step down on left
5&6 Step forward on right, step left beside right, step forward on right
7-8 Step forward on left, ½ turn right (weight on right)

S3. Vine, touch, ¼ turn, ½ turn, chassé ½ turn

1-2 Step left to left side, step right behind left
3-4 Step left to left side, touch right beside left
5-6 ¼ turn right stepping forward on right, ½ turn right stepping backwards on left
7&8 ¼ turn right stepping right to side, step left beside right, step right to right

On eighth wall (3 o'clock) step down on left and restart (facing 12 o'clock)

S4. Heel touch, hold, together x 2, shuffle, kick ball step

1-2 Touch left heel forward, hold
&3-4 Step left beside right, touch right heel forward, hold
&5&6 Step right beside left, step forward on left, step right beside left, step forward on left
7&8 Kick right forward, touch right ball beside left and lift left, step down on left

Repeat
