

Slow Down Again

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



S1. Vine right, hitch & ¼ turn, vine left, touch

1-2 Step right to right side, step left behind right
3-4 Step right to right side, hitch left and turn ¼ right
5-6 Step left to left side, step right behind left
7-8 Step left to left side, touch right beside left

S2. Toe strut x 2, step turn ½, heel touch, together

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, ½ turn left (weight on left)
7-8 Touch right heel forward, step right beside left

S3. Vine left, touch, vine right, scuff

1-2 Step left to left side, step right behind left
3-4 Step left to left side, touch right beside left
5-6 Step right to right side, step left behind right
7-8 Step right to right side, scuff left forward

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

S4. Heel together x 2, shuffle forward, point, hitch

1-2 Touch left heel forward, step left beside right
3-4 Touch right heel forward, step right beside left
5&6 Step left forward, step right beside left, step left forward
7-8 Point right to right side, hitch right

Repeat
