

# Slow Down

拍數: 32      牆數: 2      級數: Newcomer / Novice  
編舞者: Sabrina van der Heuvel & Nancy Reijnders-Spronck (NL) - June 2016  
音樂: Slow Down - Douwe Bob



Introduction 32 counts, start on approx 19 sec

## SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE STEP, ½ TURN, SHUFFLE

1 - 2      RF Side rock, Recover on LF  
3 &4      RF Cross over LF, Step LF next to RF, Cross RF over LF  
5 - 6      LF Side Step, ½ Turn Step RF forward (facing 6.00)  
7 &8      Step LF forward, step RF next to LF, Step LF forward

## CROSS STEP, SIDE TOUCH, SAILOR STEP, SAILOR STEP, ROCK, RECOVER

1 - 2      RF Cross step, LF Touch to LF side  
3 &4      LF Cross behind RF, RF Step to R, LF Step to L  
5 &6      RF Cross behind LF, LF Step to L, RF Step to R  
7 &8      LF Rock, RF Recover

## FULL TURN, SHUFFLE, ROCK, RECOVER, COASTERSTEP

1 - 2      ½ Turn L, ½ Turn L and close RF to LF (facing 12.00)  
3 &4      Step LF forward, Step LF next to RF, Step LF forward  
5 - 6      RF Rock, LF Recover  
7 &8      Step RF behind, Step LF next to RF, Step RF forward

## PIVOT ½ TURN, SHUFFLE, HIEL, HIEL, TOE, HIEL

1 - 2      LF Step forward, ½ turn weight on RF (facing 6.00)  
3 &4      Step LF forward, Step LF next to RF, Step LF forward  
5 - 6      Right Heel, Left Heel  
7 - 8      Right Toe, Left Heel

Contact: [heuvelke1@kpnmail.nl](mailto:heuvelke1@kpnmail.nl)