

A Bit Slower

拍數: 32 牆數: 4 級數: High Improver
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音樂: Slower - Filmore



KICK BALL TOUCH, STEP, (2x's) TRAVELING FWD, ROCK RECOVER, SAILOR ¼ TURN

1&2& R Kick fwd (1), step ball of R fwd (&), touch L fwd (2), L step fwd (&)
3&4&. R kick fwd (3), step ball of R fwd (&), touch L fwd (4), L step fwd (&)
5,6,7 R Step rock fwd (5) recover weight back on L (6), R cross behind L (7) L step to left (&)
&8. R step fwd turning ¼ right (8). (3 o'clock)

WIZARD STEP (2x's), 1/2 PIVOT FULL TURN

1,2& L Step fwd diagonal (1) lock R behind L (2) step L fwd diagonal (&)
3,4& R Step fwd diagonal (3) lock L behind R (4) R step fwd diagonal (&)
5,6,7,8. L Step fwd (5) pivot 1/2 right taking weight on R (6) (9:00 o'clock) L step fwd turning ½ turn
Right (7) (3:00 o'clock), R step back turning ½ right (8) (9:00 o'clock)

(EASIER OPTION) For those who cant do the turns on counts 5,6,7,8 you can do 2 ¼ pivot turns

SIDE ROCK RECOVER, BEHIND SIDE CROSSING SHUFFLE, HOLD, HEEL SPLITS (2x's)

1,2,3&. Rock step L to left (1) recover weight on R (2) step L behind R (3) step R to right (&)
4&5,6. L step crossed over R (4) R step slightly to right (& L step crossed over R (5) hold (6)
&7&8. With L crossed over R on balls of feet bring toes in and heels out (&) return put heels down
(7) Repeat heel split (&8) L foot weighted

OUT OUT BALL CROSS, WALK BACK 2, STEP BACK TOUCH HEEL STEP WALK FORWARD 2, TOUCH

&1&2 R Step out (&) L step out (1) Step ball of R in and slightly back (&) L step crossed over R (2)
3,4,&5& step back R (3) step back L (4) R step back (&) touch L heel fwd (5) L step next to R
(&)
6,7,8 step fwd R (6) step fwd L (7) R touch next to L (8)

TAG: 8 count tag after 1st wall you will be facing 9 o'clock when the tag happens

R step to right as you dip (1) straighten up and touch L to Left (2) L step to left (3) R step next to L (4) L step to left as you dip (5) straighten up and touch R to right (6) R step to right (7) step L next to R (8)

TAG: 16 count tag at end of wall 6 you will be facing 6 o'clock when tag happens

just do the 8 count tag 2 x's

RESTART: There is a little step change during wall 3, dance 14 counts, after you do ½ pivot step L in place (7), touch R next to L (8) and restart the dance from the beginning

Ending: You will be facing 12 o'clock you will do the first kick ball touch step then just touch R next to L

Last Update – 16th Jan. 2019