

# Slow Jamz

COPPER KNOB  
BY SHEETS

拍數: 64      牆數: 2      級數: Advanced  
編舞者: Lilian Lo (HK) - October 2019  
音樂: Slow Jamz - Max Frost : (Album: Gold Rush)



Intro: 8 counts (0:05 mins.)

## S1 (1 – 8) Side, heel out-in-out-in, weave, side, body roll, sailor ¼ turn L

1&2&      RF step to side, heel turn out-in-out-in (1&2&)  
3&4&      RF step in place (3), LF cross behind RF (&), RF step to side (4), LF cross over RF (&)  
5,6      RF step to side, body roll to R (5), complete body roll (6)  
7&8      LF cross behind RF (7), turn ¼ L, RF step to side (&), LF step forward (8) @9:00

## S2 (9 – 16) Shuffle, ¼ L cross, ¼ L back, ¼ L side, cross, big slide, close, scoot L x 2

1&2      RF step forward (1), LF cross behind RF (&), RF step forward (2)  
3&4&      Turn ¼ L, LF cross over RF (3), turn ¼ L, RF step back (&), turn ¼ L, LF step to side (4), RF cross over LF (&) @ 12:00  
5,6      LF big slide to side (5), RF closed to LF (6)  
7,8      RF slightly scoot L as LF closes beside RF, keeping weight on RF (7), repeat count 7 (8)

## S3 (17 – 24) Side rock close x 2, side rock, replace, behind, ¼ L, step, flick

1&2      LF step to side, rock L (1), replace on RF (&), LF closed to RF (2) @12:00  
3&4      RF step to side, rock R (3), replace on LF (&), RF closed to LF (4)  
5&6&      LF step to side, rock L (5), replace on RF (&), LF cross behind RF (6), turn ¼ R, RF step forward (&) @3:00  
7,8      LF step slightly forward, LF roll from ball to heel (7), RF flick back slowly (8)

Achieve a slow motion look on count 7, 8 and the next count 1 and 2

## S4 (25 – 32) Step, flick, jazz box, pivot R x 4

1,2      RF step slightly forward, RF roll from ball to heel (1), LF flick back slowly (2)  
3a4&      LF cross over RF (3), RF step to R back diagonal (a), LF step to L back diagonal (4), RF cross over LF (&) @9:00  
5,6,7,8      Pivot R 4 times on RF as LF closes beside RF, keeping weight on RF, complete a ¾ R turn (5,6,7,8) @12:00

## S5 (33- 40) Rock R-L-R-L, behind, ¼ L, forward, jazz box

1,2,3,4      RF step to side, rock R (1), rock L (2), rock R (3), rock L (4)  
5a6      RF cross behind LF (5), turn ¼ L, LF step forward (a), RF step forward (6) @9:00  
7&8&      LF cross over RF (7), RF step to R back diagonal (&), LF step to L back diagonal (8), RF cross over LF (&)

## S6 (41 – 48) Cross, side rock, close, side rock, back x 2, back, ½ R, forward

1a2      LF cross over RF (1), RF step to side, rock R (a), replace on LF (2) @9:00  
3a4      RF closed to LF (3), LF step side, rock L (a), replace on RF (4)  
5,6      LF step back, lift R toes (5), RF step back, lift L toes (6)  
7&8      LF step back (7), turn ½ R, RF step forward (&), LF step forward (8) @3:00

## S7 (49 – 56) ¼ paddle turn, ¼ L, side, tap, side, cross, side, tap, 1/8 L, side, 1/8 L, cross, side, tap x 4, close

1&2&      RF step forward (1), turn ¼ L, replace on LF (&), turn ¼ L, RF step to side (2), LF tap at side, L knee bent, body facing L diagonal (&) @9:00  
3&4&      LF step to side (3), RF cross over LF (&), LF step to side (4), RF tap at side, R knee bent, body facing R diagonal (&)

5&6& Turn 1/8 L, RF step to side (5), turn 1/8 L, LF cross over RF (&), RF step to side (6), LF tap next to RF (&) @6:00

7&8& LF tap out-in-out (7&8), LF closed to RF (&)

**S8 (57 – 64) Rock R-L-R-L, sailor step, behind, side, cross**

1,2,3,4 RF step to side, rock R (1), rock L (2), rock R (3), rock L (4)

5a6 RF cross behind LF (5), LF step to side (a), replace on RF (6)

7&8 LF cross behind RF (7), RF step to side (&), LF closed to RF (8)

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