

# Slow Down

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Bonita Malone (USA) - April 2020  
音樂: Slow Down - Gone West



\*\*\*3 Tags: after Walls 2, 4, 6

\* Restart after 32 counts of Wall 5

## (1 - 8) SAILOR STEP, CROSS, SIDE, POINT FRONT, STEP, POINT FRONT, STEP

1&2      Sailor step R,L,R (1&2)  
3, 4      Step L cross frt (3), step R side (4)  
5, 6      Point L fwd (5), step L (6)  
7, 8      Point R fwd (7), step R (8)

## (9 - 16) ROCK BACK ON L, RECOVER, L SIDE SHUFFLE, JAZZ BOX ¼ TURN R

1, 2      Rock back on L (1), recover (2)  
3&4      Step L side (3), step R together (&), step L side (4)  
5, 6      Step R cross frt (5), step back on L (6)  
7, 8      ¼ turn step R (7), step L slightly fwd (8) [3:00]

## (17 - 24) ROCK FWD R, RECOVER, BACK SHUFFLE, ROCK BACK L, RECOVER, STEP L, ¼ PIVOT TURN R

1, 2      Rock fwd R (1), recover (2)  
3&4      Step R back (3), step together L (&), step R back (4)  
5, 6      Rock back on L (5), recover (6)  
7, 8      Step L fwd (7), ¼ turn step R (8) [6:00]

## (25 - 32) STEP L CROSS FRT, STEP R SIDE, ROCK BACK L, RECOVER, ¼ TURN STEP L, STEP R ½ PIVOT TURN, STEP FWD R

1, 2      Step L cross frt (1), step R side (2)  
3, 4      Rock back on L (3), recover (4)  
5, 6      ¼ turn step L (5), step R fwd (6) [3:00]  
7, 8      ½ pivot turn to L (7), step R fwd (8) [9:00]

**RESTART HERE on Wall 5, hold count 8 to remain on L facing 12:00**

## (33-40) ROCK FWD L, RECOVER, COASTER STEP, POINT FRT, STEP, POINT FRT, STEP

1, 2      Rock fwd on L (1), recover (2) [9:00]  
3&4      Coaster step L,R,L (3&4)  
5, 6      Point R fwd (5), step L (6)  
7, 8      Point L fwd (7), step R (8)

## (41-48) ROCKING CHAIR, JAZZ BOX ¼ TURN

1, 2      Rock fwd R (1), recover (2)  
3, 4      Rock back R (3), recover (4)  
5, 6      Step R cross frt (5), step back on L (6)  
7, 8      ¼ turn step R (7), step close L (8) [12:00]

## (49-56) FORWARD RHUMBA BOX

1, 2      Step R side (1), step together L (2)  
3, 4      Step R fwd (3), hold (or touch L next to R) (4)  
5,6      Step L side (5), step together R (6)  
7, 8      Step L back (7), hold (or touch R next to L) (8)

**(57-64) STEP R SIDE, CROSS ROCK FRT L, RECOVER, STEP L SIDE, ROCK BACK R, RECOVER, STEP R ¼ TURN, ¼ TURN STEP L SIDE**

- 1, 2 Step R side (1), cross rock frt L (2)
- 3, 4 Recover (3), step L side (4)
- 5, 6 Rock back on R (5), recover (6)
- 7, 8 Step R ¼ turn (7), ¼ turn step L side [6:00]

**TAG #1 after Wall 2 begin and end at 12:00**

**TAG #1 and TAG #2 after Wall 4 begin and end at 12:00**

**TAG #1 and TAG #2 after Wall 6 begin and end at 6:00**

**TAG #1**

**(1-8) CROSS BACK ON R, STEP L SIDE, TOUCH R, STEP R SIDE, CROSS BACK ON L, STEP R SIDE, TOUCH L, STEP L SIDE**

- 1, 2 Step R cross back (1), step L side (2)
- 3, 4 Touch R next to L (3), step R side (4)
- 5, 6 Step L cross back (5), step R side (6)
- 7, 8 Touch L next to R (7), step L side (8)

**TAG #2**

**(1-8) CROSS BACK ON R, ¼ TURN STEP L, STEP R FWD, ¼ PIVOT TURN L, CROSS BACK, ¼ TURN STEP L, STEP R FWD, ¼ PIVOT TURN L**

- 1, 2 Step R cross back (1), ¼ turn step L (2)
  - 3, 4 Step R fwd (3), ¼ pivot turn step L (4) [6:00]
  - 5, 6 Step R cross back (5), ¼ turn step L (6)
  - 7, 8 Step R fwd (7), ¼ pivot turn step L (8) [12:00]
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