

# Slow Down

拍數: 32      牆數: 4      級數: Improver  
編舞者: Frank Heelan (IRE) - August 2020  
音樂: Slow Down - Gone West : (3:52)



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## Tag: End of wall 4

1-2-3-4      Step forward right pivot ½ turn left, step forward right pivot ½ turn left.  
5-6-7-8      Rock forward on right, recover to left, rock to right recover to left.

## Intro: 32 counts.

### Sec 1: Jazz box cross, chasse right, rock back recover.

1-2      Cross right over left, recover to left.  
3-4      Step right to right, cross left over right.  
5&6      Step right to right, left together, right to right.  
7-8      Rock back on left, recover to right. (12.00)

### Sec 2: Pivot ¼ pivot ½ rock step coaster step.

1-2      Step forward left, pivot ¼ right. (3.00)  
3-4      Step forward left, pivot ½ right. (9.00)  
5-6      Rock forward on left, recover to right.  
7&8      Step back on left, right together, forward left.

### Sec 3: Shuffle forward, rock recover, shuffle back, rock recover.

1&2      Step forward right, left together, forward right.  
3-4      Rock forward left, recover to right.  
5&6      Step back on left, right together, back left.  
7-8      Rock back right, recover to left.

### Sec 4: Step point, step point, forward rock, side rock.

1-2      Step forward right, point left to left.  
3-4      Step forward left, point right to right.  
5-6      Rock forward right, recover to left.  
7-8      Rock right to right, recover to left. (9.00)

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