

Slomo

拍數: 128 牆數: 1 級數: Phrased High Improver
編舞者: Joan Morro (ES) - June 2022
音樂: SloMo (Eurovision's Dancebreak Edit) - Chanel



Sequence: A, B, C, TAG 1, A, B, C, TAG 2, D, B, C ENDING

Part A: Start with toe of RF fwd

[1-8] HEEL SWIVELS X 2, ROCK FWD, COASTER STEP, ¼ TURN R

1&2& RF heel Swivel out, RF recover to center, RF heel Swivel out, RF recover to center
3-4 RF rock fwd, LF Recover
5&6 RF step bwd, LF Step near RF, RF step fwd
7-8 LF Step fwd, RF ¼ turn R & step side R (3.00)

[9-16] CROSS, SIDE, SAILOR STEP ¼ L, ¼ PADDLE TURN L, ½ PADDLE TURN L, MAMBO BWD

1-2 LF Cross over RF, RF step side R
3&4 LF Cross behind RF, RF Step side R, LF ¼ turn L & step fwd (12.00)
5-6 LF ¼ turn L & point RF (9.00), LF ½ turn L & step RF to right side (3.00)
7&8 LF step back slightly diagonal R, RF recover, LF step side L

[17-24] SAILOR STEP ¼ TURN R, ROCK FWD (HIP ROLL), STEP BWD WITH KNEE POP X 2, MAMBO BWD

1&2 RF cross Behind LF, LF step side L, RF ¼ turn R & step fwd (6.00)
3-4 LF rock fwd start hip roll, RF recover Finish hip roll
5-6 LF stp bwd & Knee pop RF, RF step bwd & knee pop LF
7&8 LF Step bwd, RF Recover, LF step fwd close near RF

[25-32] MAMBO R, MAMBO L, MAMBO FWD WITH ½ TURN R, DIAGONALLY SLIDE & DRAG

1&2 RF rock side right, LF recover, RF step side L close near LF
3&4 LF rock side left, RF recover, LF step side R closer near RF
5&6 RF rock fwd, LF recover, RF turning 3/8 R step fwd (facing 10.30)
7-8 LF big step diagonally L, RF Drag to LF turning 1/8 R (12.00)

Part B

[1-8] BASIC NIGHT CLUB X 2

1-2 RF big step side R, LF Drag to RF
3-4 LF step bwd behind RF, RF recover
5-6 LF Big step side L, RF Drag to LF
7-8 RF Step bwd behind LF, LF Recover

[9-16] ROCK FWD WITH BODY ROLL, STEP BWD X 2, OUT – OUT (ARM MOVEMENTS), HIP CIRCLE

1-2 RF rock fwd start body roll, LF recover finish Body roll
3-4 RF step bwd, LF step bwd
5-6 RF Step out RH hits the hip with his fist, LF step out LH hits the hip with his fist
7-8 LF start back hip circle in counter clockwise, LF Finish hip circle weight on LF

[17-24] BASIC NIGHT CLUB X 2

1-2 RF big step side R, LF Drag to RF
3-4 LF step bwd behind RF, RF recover
5-6 LF Big step side L, RF Drag to LF
7-8 RF Step bwd behind LF, LF Recover

[25-32] WALK X 6 MAKING A CIRCLE, STEP SIDE, CROSS

- 1.- RF ¼ turn R step fwd (3.00)
- 2.- LF 1/8 turn R step fwd
- 3.- RF 1/8 turn R step fwd (6.00)
- 4.- LF ¼ turn R step fwd (9.00)
- 5.- RF 1/8 turn R step fwd
- 6.- LF 1/8 turn R step fwd (12.00)
- 7-8 RF step side R, LF cross Behind RF (facing 10.30)

PART C

[1-8] HIP BUMP X 4, STEP FWD, STEP SIDE, CROSS BEHIND, TOE TOACH

- 1-4 RF lift your hip and hit it with your fist, repeat 3 times more
- 5-8 RF step fwd, LF Step side (12.00), RF Cross behind LF (1.30), LF Toe Toach fwd

[9-16] HIP BUMP X 4, STEP FWD, STEP SIDE, CROSS BEHIND, TOE TOACH

- 1-4 LF lift your hip and hit it with your fist, repeat 3 times more
- 5-8 LF step fwd, RF Step side (12.00), LF Cross behind LF (10.30), RF Toe Toach fwd

[17-24] HIP BUMP X 4 MAKING A FULL TURN, STEP SIDE, CROSS BEHIND, TOE TOACH

- 1-4 RF lift your hip and hit it with your fist, repeat 3 times more taking a full turn on your left foot
Option: if you have a fan you can replace the hit on the hip and fan yourself the time you turn, in the purest Spanish style
- 5-8 RF step fwd, LF Step side (12.00), RF Cross behind LF (1.30), LF Toe Toach fwd

[25-32] HIP BUMP X 4 MAKING A FULL TURN, STEP SIDE, CROSS BEHIND, TOE TOACH

- 1-4 LF lift your hip and hit it with your fist, repeat 3 times more taking a full turn on your left foot
Option: if you have a fan you can replace the hit on the hip and fan yourself the time you turn, in the purest Spanish style
- 5-8 LF step fwd, RF Step side (12.00), LF step bwd (12.00), RF Toe Toach fwd

PART D (throughout part D you can use your fan to the rhythm of the music)

[1-8] STOMP X 2, DOUBLE STOMP, SHYMMY

- 1-2 RF stomp, LF Recover
- 3-4 RF Stomp, LF Recover
- 5-6 RF Stomp, LF Stomp near RF
- 7-8 RF step in place & shimmy, LF step in place & Shimmy

[9-16] STOMP X 2, DOUBLE STOMP, SHYMMY & JUMP

- 1-2 RF stomp, LF Recover
- 3-4 RF Stomp, LF Recover
- 5-6 RF Stomp, LF Stomp near RF
- 7-8 RF step in placar & shimmy, LF step in place while raising your arms

[17-24] PADDLE TURN X 4

- 1-2 LF ¼ turn L & RF Stomp side R (facing 9.00), LF Recover
- 3-4 LF ¼ turn L & RF stomp side R (facing 6.00), LF Recover
- 5-6 LF ¼ turn L & RF stomp side R (facing 3.00), LF Recover
- 7-8 LF ¼ turn L & RF stomp side R (facing 12.00), LF Recover

[25-32] OUT-OUT (ARMS MOVEMENTS), WALK FWD X 2, TWIST TURN

- 1-2 RF step out and extend your right arm to the right, hold
- 3-4 LF Step out and extend your left arm to the left, hold
- 5 RF Step fwd with stomp
- 6 LF Step fwd with stomp
- 7-8 RF Cross over LF, LF unwind finish weight on LF

TAG 1 (FREE TAG)

At the end of the first part C, when you have the toe of the right foot in front, do a movement that has a sexy intention for two counts (ANY MOVE IS GOOD) & start Part A

TAG 2

At the end of the second time you do part c, you have 4 counts before part D starts, there we will raise both arms up flamenco style

ENDING

When the music ends on count 32 of the third c, the singer says Slomo lengthening the letter o, at that moment with the right hand we will make the Slomo sign:

With the thumb and index finger we will make a circle to look through it and the other fingers (Middle, Ring and little finger) will be extended as if they were marking the number 3

**ENJOY THE CHOREOGRAPHY AND THE MUSIC OF SLOMO
THIRD IN EUROVISION 2022**
