Just Take It Slow

拍數: 32

級數: Intermediate

編舞者: Candace Jajo-Burns (USA) - April 2023

音樂: Take It Slow - Conner Smith

Intro – 16 counts S1 Step forward, Sweep, Cross, Step back, 1/2 turn, rock/recover, 1/2 turn shuffle Step LF forward with a slight bend in L knee, sweep RF from back to front, cross RF over LF &1-2 with slight bend in both knees 3-4 Step LF back & straighten both legs, make half turn over R shoulder with RF (facing 6:00) 5-6 Rock forward on LF, recover on RF Make ¹/₂ turn over LF shoulder with LF (facing 12:00), close RF next to LF, step LF forward 7&8 S2 Kick with a point, Cross, Sway-Sway, Side Shuffle, 1/4 turn R coaster 1-2 Lift onto ball of LF & 'kick' RF forward with pointed toes, step down on LF & cross RF over LF 3-4 Step LF next to RF and as you do sway hips left, sway hips right (weight is on RF) 5&6 Step LF to L, close RF next to LF, step LF to L 7&8 Step RF back making a ¼ over right shoulder (facing 3:00), step LF next to RF, step RF forward S3 Shuffle forward, rock/recover, step back/hold, step back/hold 1&2 Step LF forward, close RF next to L, step LF forward

- 3-4 Rock forward on RF, recover on LF
- 5-6 Step RF behind LF, hold
- 7-8 Step LF behind RF, hold

S4 R Coaster, ¼ turn side shuffle, cross rock/recover, ¼ turn shuffle forward

- 1&2 Step RF back, close LF next to RF, step RF forward
- 3&4 Step LF to L making a ¼ over L shoulder (facing 6:00), close RF next to LF, step LF to L
- 5-6 Rock on RF as you cross in front of LF, recover on LF
- 7&8 Step RF ¼ turn over R shoulder (facing 9:00), close LF next to RF, step RF forward

Finish dance with counts &1-2 in Section 1. Fully stand on count 3. End of dance.

YouTube: PHX Dance with Candace Facebook: PHX Dance Instagram: @phxlivedance





牆數:4