

Slow Dancing

拍數: 32 牆數: 4 級數: Beginner
編舞者: Diana Oglesby (USA) - September 2023
音樂: Slow Dancing - V



Intro: Start the dance at the lyrics, with weight on L
No Tags, No Restarts

S1 (1-8) R SCISSOR, BOUNCE HEELS X2 and TURN ¼ L, L BACK COASTER, WALK FWD R-L

1&2-3-4 Step R side (1), step L together (&), cross R over (2), bounce heels 2 times and turn ¼ L (3-4) (9:00)

5&6-7-8 Step L back (5), step R back (&), step L forward (6), step R forward (7), step L forward (8)

S2 (9-16) ROCK R FWD, RECOVER, R TOGETHER, ROCK L FWD, RECOVER, L TOGETHER, R STEP-LOCK-STEP BACK, L TOE BEHIND, TURN ½ L

1&2-3&4 Rock R forward (1), recover to L (&), step R together (2), rock L forward (3), recover to R (&), step L together (4)

5&6-7-8 Step R back (5), lock L over (&), step R back (6), touch L toe behind (7), turn ½ L (8) (3:00)

S3 (17-24) R STEP, TOUCH L, TURN ¼ L and STEP L SIDE, TOUCH R, R FWD, TURN ½ L, ¼ L and R SIDE SHUFFLE

1-4 Step R side (1), touch L together (2), turn ¼ L and step L side (3), touch R together (4) (12:00)

5-6-7&8 Step R forward (5), turn ½ L (6), turn ¼ L and step R side (7), step L together (&), step R side (8) (3:00)

S4 (25-32) ROCK L BEHIND, RECOVER, L SIDE SHUFFLE, R JAZZ-BOX-CROSS

1-2-3&4 Rock L behind (1), recover to R (2), step L side (3), step R together (&), step L side (4)

5-8 Cross R over (5), step L back (6), step R side (7), cross L over (8)

Repeat

Contact: d2linedance@gmail.com