

Let Me Down Slowly

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Improver
編舞者: Yovita Liu (INA) - November 2024
音樂: Let Me Down Slowly - Alec Benjamin



Intro : 8 count - No tags, no restarts.

SEC 1 : VAUDEVILLE, CROSS SHUFFLE, SIDE ROCK-RECOVER, BEHIND SIDE 1/4 FORWARD

1 & 2 & Cross R over L, step L to side, touch R heel diagonal right, step R beside L
3 & 4 Cross L over R, step R to side, cross L over R
5 - 6 Rock R to side-recover on L
7 & 8 Step R behind L, step L to 1/4 left, step R forward

SEC 2 : PIVOT 1/2, FULL TURN, FIGURE 8

1 & 2 Step L forward, turn 1/2 to right, step L forward
3 & 4 Step R forward, make a full turn to left, step L forward, step R forward
5 & 6 Sweep L cross over R, step R to side, step L back
7 & 8 Sweep R behind L, step L to side, step R forward

SEC 3 : MAMBO STEP, LOCK SHUFFLE BACK 2X, SAILOR 1/4

1 & 2 Rock L forward-recover on R, step back on L
3 & 4 Step R back, cross L over R, step R back
5 & 6 Step L back, cross R over L, step L back
7 & 8 Cross R behind L, make 1/4 turn to right, stepping L next to R, step R forward

SEC 4 : ROCK FORWARD ROCK (HIP ROLL) 2X, WALK BACK 2X, ROCK-RECOVER

1 - 2 Step L forward-recover on R
& 3 4 Step L back, switch to R step forward-recover on L

Styling : roll your hips forward and back

5 - 6 Step R back, step L back
7 - 8 Step R back, recover on L

Start again !

CONTACT : yovitaliust@gmail.com