

Slow Dancer

拍數: 32 牆數: 4 級數: Improver
編舞者: Karianne Hemvik (NOR) - March 2025
音樂: Slow Dancer - Alexzandra Wickman



Restart: 2, see comments

(1-8) walk, walk, mambo step, back, back coaster cross

1,2,3&4 step RF fwd, step LF fwd, rock RF fwd, recover weight onto LF, step RF back
5,6,7&8 step LF back, step RF back, step LF back, step RF next to LF, cross LF over RF

(9-16) ¾ box turn, rock step, side chasse

1,2,3,4 step RF to right, make ¼ turn to left stepping LF to left, make ¼ turn to left stepping RF fwd,
make ¼ to left stepping LF back (tip: keep your legs straight)
5,6,7&8 rock RF over LF, recover weight onto LF, step RF to right, step LF next to RF, step RF to
right

(17-24) rock step, side chasse, weave, cross shuffle

1,2,3&4 rock LF over RF, recover weight onto RF, step LF to left, step RF next to LF, step LF to left
5&6&7&8 cross RF over LF, step LF to left, step RF behind LF, step LF to left, cross RF over LF, step
LF to left, cross RF over LF

(25-32) side, touch, side, behind, side, cross, mambo cross, mambo ½ turn

1&2,3&4 step LF to left, touch RF next to LF, step RF to right, step LF behind RF, step RF to right,
cross LF over RF
5&6,7&8 rock RF to right, recover weight onto LF, cross RF over LF, rock LF to left, make ¼ turn to
right recovering weight onto RF, make ¼ turn to right stepping LF to left

Start the dance again. Enjoy and remember to smile and have fun!!

Restarts:

R1, with stepchange:

on wall 3, facing 9 restart after 16 counts adding an & count by stepping LF next to RF

R2 : on 9 wall, facing 6 , restart after 8 counts (after the coasterstep)