

Slow Horses

拍數: 80 牆數: 4 級數: Phrased Improver
編舞者: Rex Allott (UK) - March 2025
音樂: Slough House (Strange Game) - Daniel Pemberton & Mick Jagger



Intro - 32 beats

Sequence - A,B,B,A,A,B,B,A,B,C,A,

A. 32c

S1. Step fwd R, L, hook L over R, step back R, L hook R over L

- 1-2. Step R fwd, step L heel fwd,
- 3-4. Hook R over L, return
- 5-6. Step R back, step L heel back
- 7-8. Hook L over R, return

S2. Sweep L over R, L coaster, sweep R over L, R coaster

- 1-2. Sweep L over R, step R next to L
- 3&4. Step L back, step R next to L, step L fwd
- 5-6. Sweep R over L, step L next to R
- 7&8. Step R back, step L next to R, step R fwd

S3. 1/4 modified shuffle turn R

- 1&2. Step L fwd, step R behind L, step L fwd (12 o'clock)
- 3&4. Turn 1/16 R, step R fwd, step L behind R, step R fwd (1 o'clock)
- 5&6. Turn 1/16 R, step L fwd, step R behind L, step L fwd (2 o'clock)
- 7&8. Turn 1/16 R, step R fwd, step L behind R, step R fwd (3 o'clock)

S4. Slow prissy steps R, L, 1/2 step turn R, stomp R, L

- 1-2. Cross L over R, hold
- 3-4. Cross R over L, hold
- 5-6. Step L fwd, turn 1/2 R, step R fwd
- 7-8. Stomp L, R

B. 16c

S1. L back cross mambo, 1/2 sweep turn R

- 1-2. Cross L behind R, return weight to R
- 3-4. Step L fwd, step R next to L
- 5-6. Turn 1/2 R sweeping L around, step R next to L
- 7-8. Step down L, R

S2. R back cross mambo, 3/4 sweep turn L

- 1-2. Cross R behind L, return weight to L
- 3-4. Step R fwd, step L next to R
- 5-6. Turn 3/4 L, sweeping R around, step L next to R
- 7-8. Step down R, L

C. 32c

S1. R heel, toe twist x 2, step L out fwd L, R heel, toe swivels

- 1-2. Dig R heel out R, twist R toe back
- 3-4. Rpt 1-2
- 5-6. Step L diagonally fwd L, swivel R heel diagonally L
- 7-8. Swivel R toe diagonally L, R heel diagonally L

S2. Step R out fwd R, L heel, toe swivels, L heel, toe twist x 2

- 1-2. Step R diagonally out R, swivel L heel diagonally R
- 3-4. Swivel L toe diagonally R, swivel L heel diagonally R
- 5-6. Dig" L heel out L, twist R toe back
- 7-8. Rpt 5-6

S3. R toe, heel swivel out, in, rpt L

- 1-2. Swivel R toe R, R heel R
- 3-4. Swivel R heel L, R toe L
- 5-6. Swivel L toe L, L heel L
- 7-8. Swivel L heel R, L toe R

S4. Fan heels R, L, dig R heel x 2, 1/4 cross turn L

- 1-2. Fan R heel out, in
- 3-4. Fan L heel out, in
- 5-6. Dig R heel x 2
- 7-8. Turning 1/4 L, cross R over L, step L next to R

There's an alternative version of this tune with more vocals called 'Strange Game' by Mick Jagger. The dance can be modified to suit this as follows -

- 1. Intro - 16 beats
- 2. Sequence - A,A,B,B,C,C,B,B,A,A,B,B,A,A
- 3. 5-8 of last B. S2. changed to 1/4 sweep turn L (to face 6 o'clock)

Last Update: 5 Mar 2025
