

Slow Down

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jean-Marc RAFFANEL (FR) - March 2025
音樂: Slow Down - Zach John King



the dance start after 32 counts

section 1 :SIDE, TOUCH, KICK BALL CROSS, SIDE , TOUCH , KICK BALL CROSS

1-2 step Rf on side, touch Lf next to Rf
3&4 kick Lf fwd, step Lf next to Rf, cross Rf over Lf
5-6 step Lf on side, touch Rf next to Lf
7&8 kick Rf fwd, step Rf next to Lf, cross Lf over Rf

section 2 : VINE, ROCKING CHAIR

1-2-3-4 step Rf on side, cross Lf behind Rf, step Rf on side, step Lf next to Rf
5-6-7-8 step Rf fwd, recover onto Lf, step Rf back, recover onto Lf

section 3 : STEP FWD, ¼ TURN L, TRIPLE CROSS, ¼ TURN L, TRIPLE FWD, STEP FWD, ¼ TURN L

1-2 step Rf fwd, ¼ turn L 9:00
3&4 cross Rf over Lf, step Lf on side, cross Rf over Lf
5&6 ¼ turn L step Lf fwd, step Rf next to Lf, step Lf fwd 6:00
7-8 step Rf fwd, ¼ turn L 3:00

section 4 : JAZZ BOX, ROCKING CHAIR

1-2-3-4 cross Rf over Lf, step Lf back, step Rf on side, step Lf next to Rf
5-6-7-8 step Rf fwd, recover onto Lf, step Rf back, recover onto Lf

start again with smile

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