

# Rewind Real Slow

拍數: 32      牆數: 2      級數: Improver social cha  
編舞者: Mardi Wray & Linda Dellett  
音樂: Living In Fast Forward - Kenny Chesney



## SHUFFLE FORWARD RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, PADDLE TURNS LEFT

1&2      Shuffle forward right-left-right  
3&4      Shuffle forward left-right-left  
5-6      Step forward on right, ¼ turn left (right-left)(weight onto left foot)  
7-8      Step forward on right, ¼ turn left (right-left)(weight onto left foot)

## SHUFFLE FORWARD RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, PADDLE TURNS LEFT

9&10      Shuffle forward right-left-right  
11&12      Shuffle forward left-right-left  
13-14      Step forward on right, ¼ turn left (right-left)(weight onto left foot)  
15-16      Step forward on right, ¼ turn left (right-left)(weight onto left foot)

## CROSS ROCK / SIDE SHUFFLES

17-18      Rock right over left, rock back onto left  
19&20      Side shuffle - right, left, right  
21-22      Rock left over right, rock back onto right  
23&24      Side shuffle - left, right, left

## CROSS, UNWIND, HIP BUMPS

25-28      Cross right over left, slowly unwind ½ turn to the left for 3 counts, ending on left  
29-30      Bump hips to the right 2 times  
31-32      Bump hips to the left 2 times

## REPEAT

## TAG

At the end of sets 2 and 5, repeat right and left hip bumps. This will keep your unwinds in time with "I need to rewind real slow"

## Vaudeville steps / optional steps for counts 17-24 (cross rock /side shuffles)

17&18&      Step right over left, step back on left, touch right heel forward, step onto right  
19&20&      Step left over right, step back on right, touch left heel forward, step onto left  
21&22&      Step right over left, step back on left, touch right heel forward, step onto right  
23&24&      Step left over right, step back on right, touch left heel forward, step onto left