

Slow

拍數: 32 牆數: 4 級數: Improver nightclub
編舞者: Suzy Taylor (UK)
音樂: Slow - Kylie Minogue



2 WALKS FORWARD RIGHT & LEFT, FORWARD MAMBO, 2 LOCK STEPS BACK

1-2 Walk forward right, walk forward left
3&4 Rock forward right, recover on left, step back on right
5&6 Step back on left, lock right over left, step back on left
7&8 Step back on right, lock left over right, step back on right

STEP ½ TURN LEFT, PADDLE 1/8 TURN LEFT TWICE, FLICK RIGHT TURNING ¼ LEFT, WEAWE LEFT, ROCK OUT LEFT

1 Step left turning ½ left
&2 Hitch right knee making 1/8 turn left, point right out to right
&3 Hitch right knee making 1/8 turn left, point right out to right
4 Flick up right leg with knee in pivot turn ¼ left. (facing home wall)
5-7 Cross step right over left, step left to left, cross step right behind left
&8 Rock left to left side, rock right in place

CROSS, SIDE WITH 1/8 TURN LEFT, LEFT LOCK BACK, ROCK BACK TURNING 1/8 RIGHT, ¼ TURN LEFT, FORWARD BODY ROLL

1-2 Cross left over right, step to right on right turning 1/8 left
3&4 Step back on left, step right over left, step back left
5-6 Rock back on right turning 1/8 right, recover weight on left turning ¼ left
7-8 Rock forward on right starting body roll, finish by rocking weight onto left

TOE & HEEL TAPS WITH FORWARD SHUFFLES TWICE

1-2 Tap right toe angle body 1/8 left, tap right heel in place turn 1/8 right
3&4 Step forward right, step left beside right, step forward right
5-6 Tap left toe forward angle body 1/8 right, tap left heel in place turn 1/8 left
7&8 Step forward left, step right beside left, step forward left

REPEAT
