

Slow Down

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Phyll Marshall (CAN)
音樂: Slow Down - The Dean Brothers



RIGHT VINE IN PLACE

1-2-3 Step right to side, step left behind right, step right to side
3-4-6 Step left to side, step right behind left, step left to side
7-8 Step right and left in place

RIGHT KICK-BALL-CHANGE TWICE, JAZZ SQUARE TURNING ¼ RIGHT

1&2 Kick right foot forward, step on ball of right foot, step left beside right
3&4 Kick right foot forward, step on ball of right foot, step left beside right
5-6-7-8 Step right across left, step back on left, step right to side at ¼ turn right, step forward on left

SLOW PIVOT ½ TURN LEFT, DWIGHT RIGHT

1-2 Step forward on left, hold
3-4 Pivot ½ turn left and shift weight to left foot, hold
5 Touch right toe to left instep while turning left heel to the right
6 Touch right heel to left instep while turning left heel to left
7 Touch right toe to left instep while turning left heel to the right
8 Touch right heel to left instep while turning left heel to left (end with weight on right foot)

WHALE TAIL BACK

1-2 Step left behind right, step right to side
3-4 Step left forward on diagonal, lock right behind left foot
5-6 Step left to side, step right beside left
7-8 Step left behind right, step right beside left

ROCK, RECOVER, COASTER, TOE/HEEL STRUTS ON DIAGONAL

1-2 Rock left foot forward, recover to right foot
3&4 Step back on left, step right beside left, step forward on left
5-6 Moving on a slight diagonal to the right, touch right toe to floor, lower heel to floor (optional snap fingers)
7-8 Touch left toe across in front of right foot, lower heel to floor (optional snap fingers)

LINDY RIGHT AND LEFT

1&2 Step right to side, step left beside right, step right to side
3-4 Rock back on left foot, recover to right foot
5&6 Step left to side, step right beside left, step left to side
7-8 Rock back on right foot, recover to left foot

REPEAT
