

# Slow Motion

拍數: 0                      牆數: 1                      級數: Intermediate  
編舞者: Jamie Marshall (USA)  
音樂: Slow Motion - Lori Lee



Sequence: AB, AB, AB, A

For music, call Jamie or Team Management at 615-446-6683

## PART A

- 1-2                      Skate right, left  
3&4                      Shuffle forward diagonally to the right (right, left, right)  
5&6&                      Rock forward on left foot, recover on right foot, rock back on left foot, recover on right foot  
7&8&                      (Turning diagonally left) rock forward on left foot, recover on right foot, rock back on left foot, recover on right foot
- 9-10                      Skate left, right  
11&12                      Shuffle forward diagonally to the left (left, right, left)  
13&14&                      Rock forward on right foot, recover on left foot, rock back on right foot, recover on left foot  
15&16&                      (Turning to center) rock forward on right foot, recover on left foot, rock back on right foot, recover on left foot
- 17-18                      Tap right foot next to left, kick right foot forward  
19&20                      Back shuffle right, left, right  
21&22                      Pivot ½ left stepping forward on left foot, pivot ½ left stepping back on right foot, cross-hitch left  
23&24                      Forward shuffle left, right, left
- 25-26                      Step right foot forward, roll hips turning ¼ left and taking weight on left foot  
27-32                      Repeat 25-26 three more times, completing a full turn
- 33&34                      Step right foot forward across left, step left foot to left, step right foot next to left foot with 1/8 turn right  
35&36                      Step left foot forward across right, step right foot to right, step left foot next to right foot with 1/8 turn left  
37&38                      Step right foot across left stepping back, small step with left foot to left, step right foot next to left with 1/8 turn right  
39&40                      Step left foot across right foot stepping back, small step with right foot to right, step left foot next to right foot facing center
- 41-43                      Step right foot to right, rock forward on left foot, recover on right foot  
44&45-46                      Step left foot to left, step right foot next to left foot, step left foot to left turning ¼, step right foot forward  
47-48&49                      Pivot ¼ right on right foot, hitch left knee (facing original wall), step left foot to left, step right foot next to left, step left foot to left  
50-51-52&                      Rock right foot forward, recover on left foot, step right foot to right, step left foot next to right  
53-54                      Step right foot to right turning ¼, step left foot forward  
55-56                      Pivot ¼ left on left foot, hitch right foot (facing original wall), step right foot to right

## PART B

- 1-4                      Sway hips left, right, left, right dragging left foot next to right foot with touch on count 4  
5&6                      Step left foot to left, step right foot next to left foot, step left foot to left  
7-8                      Cross right foot across left foot, pivot ½ left keeping weight on right foot

9-12 Sway hips left, right, left, right dragging left foot next to right foot with touch  
13&14 Step left foot to left, step right foot next to left, step left foot to left  
15-16 Rock right foot back, recover on left foot

**PART B**

**Dance Part B steps 1-8 three times in a row, then 9-16**

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