

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 $\frac{1}{2}$ left stepping forward on left foot, pivot $\frac{1}{2}$ 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 $\frac{1}{4}$ 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 $\frac{1}{8}$ turn right
35&36 Step left foot forward across right, step right foot to right, step left foot next to right foot with $\frac{1}{8}$ 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 $\frac{1}{8}$ 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 $\frac{1}{4}$, step right foot forward
47-48&49 Pivot $\frac{1}{4}$ 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 $\frac{1}{4}$, step left foot forward
55-56 Pivot $\frac{1}{4}$ 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 $\frac{1}{2}$ 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
