

Slowing Down

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Terry Hogan (AUS)
音樂: Slow Poke - Tom Morrell & The Timewarp Tophands



- 1-2& Rock/step left foot slightly forward, rock back onto right, step left foot beside right
3-4 Step right foot slightly forward, tap left toe across behind right heel
5-6 Step left foot forward, brush right foot forward
7-8 Brush right foot backward, tap right toe to the back
- 9-10 Step right foot to the side, hold
11& Step left across behind right, rock/step ball of right foot to the side
12-13 Rock/replace weight onto left, step right across behind left foot
14-15 Rock/step ball of left foot to the side, rock/replace weight onto right foot making ¼ turn right
16 Brush left foot forward
- 17-18 Step forward on left foot, tap right toe behind left heel
19-20& Step backward onto right foot, make ¼ turn left & step left foot to the side, step right beside left
21-22 Step left to the side, tap right toe across behind left foot
23-24 Rock/step right foot to the side, rock/replace weight on left foot
- 25&26 Cross shuffle right foot in front of left (right-left-right) (traveling left)
27-28 Rock/step left foot to the side, rock/replace weight on right foot making ¼ turn left
29 Make ½ turn left on ball of right foot & step left foot forward
30 Make ½ turn left on ball of left foot & step right foot backward
31 Make ½ turn left on ball of right foot & step left foot forward
Counts 29-31 total 1 ¼ rolling turn to finish facing 6:00 wall
32 Step right foot forward
- 33-34& Rock/step left foot slightly forward, rock backward onto right, step left foot beside right
35-36 Step right foot forward, brush left foot forward
37&38 Shuffle forward left-right-left
39-40 Step right foot forward, make ¼ turn right on right foot swinging left foot around close to floor
- 41-42 Step left foot across in front of right, hold
& Step right foot to the right side
43-44 Step left foot across in front of right, hold
&45 Step right foot to the right side, step left foot across in front of right
46 Rock/step right foot to the side & make ¼ turn right
47 Make ¼ turn right on ball of right foot & step left foot to the side
48 Make ¼ turn right on ball of left foot & step right foot to the side
You will be facing 6:00 wall when you complete count 48
- 49-50 Step left foot across in front of right, hold
& Step right foot to the right side
51-52 Step left foot across in front of right, hold
&53 Step right foot to the right side, step left foot across in front of right
54 Rock/step right foot to the side
55 Rock sideward onto left foot & make ½ turn left
56 Step right foot to the side

57&58 Step left across behind right, step right foot to the side, step left across in front of right foot
59-60 Step right foot to the side, hold
61&62 Step left across behind right, step right foot to the side, step left across in front of right foot
63 Step right foot to the side
64 Make ½ turn right on ball of right foot swinging left foot around close to floor

REPEAT
