

Got To Slow Down

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate/Advanced
編舞者: Rob McKean (CAN)
音樂: Living In Fast Forward - Kenny Chesney



WALK, TOE TAP, HEEL JACK, BALL CROSS, SIDE ROCK, SIDE STEP

1-2 Walk forward right, then left
3&4 Tap right toe behind left foot, step back on right, touch left heel in front
&5 Step together on left, cross right over left
6-7 Rock out to left side on left, recover onto right
8 Slide left beside right (weight on left.)

HIP BUMPS, TOUCH, TURN, SHUFFLE

9&10 Bump hips forward twice
11&12 Bump hips back twice
13 Touch right toe back
14 Pivot right ½ turn
15&16 Shuffle forward left-right-left

MAMBO TWICE, MODIFIED MONTEREY TURN

17&18 Rock forward on right, recover on left, step together on right
19&20 Rock back on left, recover on right, step together on left
21&22 Touch right toe to right side, pivot right ½ turn on left, step down on right
23&24 Touch left to left side, step together on left, touch right to right side

CROSS SHUFFLE, HINGE TURN, CROSS ROCK, SIDE SHUFFLE

25&26 Cross right over left, step side left on left, cross right over left
27-28 Step back on left making a ¼ turn right, step forward on right making ¼ turn right
29-30 Cross left over right, recover on right
31&32 Step side left, together on right, side left

REPEAT

TAG

Add two ½ right pivot turns at the end of the 2nd and 5th sequences
