

# Slowly Back

拍數: 44      牆數: 4      級數: Absolute Beginner  
編舞者: Gold River (IT) - May 2005  
音樂: Just Like Love - Brad Martin



## GRAPEVINE RIGHT, HEEL GRIND TWICE, UNWIND SPIN

- 1-2-3      Right foot to right, left foot to right behind the right foot, right foot to right  
4-5-6      Touch left heel forward, taking weight on the left heel twist left toe to left, left foot back beside right foot  
7-8-9      Touch right heel forward, taking weight on the right heel twist right toe to right, right foot back beside left foot  
10-11-12      Left toe cross behind right foot, turn full turn on the left

## GRAPEVINE RIGHT, KNEE UP, KNEE UP TURN ¼

- 13-14-15      Right foot to right, left foot to right behind the right foot, right foot to right  
16-17      Left knee up moving it forward, drop left foot  
18-19      Keeping weight on the left foot: turn ¼ on the left and move the right knee up, drop right foot

## HIP BUMPS X 3, ¼ TURN LEFT

- 20-21-22      Hip right, hip left, hip right  
23      Keeping feet on the spot turn ¼ on the left

## KICK BALL CHANGE TWICE, ½ PIVOT, HEEL TOUCH

- 24&25      Kick ball change (right)  
26&27      Kick ball change (right)  
28-29      Right foot forward, turn ½ on the left  
30-31      Touch left heel forward, drop left toe

## SHUFFLE, ½ PIVOT, KICK BALL CHANGE TWICE

- 32&33      Shuffle (right)  
34-35      Left foot forward, turn ½ on the right  
36&37      Kick ball change (left)  
38&39      Kick ball change (left)

## STEP, ROCKING CHAIR, ¼ TURN STEP

- 40      Left step on the spot  
41-42-43      Right rock forward, recover on the left foot, right rock back  
44      Recover on the left foot turning ¼ on the left

**Begin again**