

Slow Down

拍數: 32 牆數: 4 級數: Advanced
編舞者: Paul McAdam (UK) - January 2008
音樂: Slow down - Bobby Valentino



Count in: . Start on vocals

(1-8) SIDE, BACK, CROSS, HOLD, FULL TURN, SAILOR STEP –TOUCH, SIDE-ROCK-CROSS

- 1,2& Step left foot to left side, step right foot behind left foot, step left foot across right foot and to right diagonal
3 Hold a count
4& Make a ½ turn right and step forward on right foot, make a ½ turn right and step left foot to left side
5&6 Cross right foot behind left foot, step left foot to left side, step right foot to right diagonal
& Touch left toe next to right foot
7&8 Rock left foot to left side, recover weight onto right foot, cross left foot over right foot

(9-16) DOUBLE HIP ½ TURN, STEP LOCK, HOLD, BACK STEP, CROSS-ROCK-SIDE, SHOULDER SHRUG, SQUAT, SWIVET

- &1 Unwind a ½ turn right while also bumping 2 quick hip bumps left (weight ends on left foot)
2& Step right foot forward to right diagonal, lock left foot behind right foot
3 Hold a count
4& Step back on right foot to right diagonal, step left foot forward to left diagonal
5&6 Cross rock right foot over left, recover weight onto left foot, step right foot to right side
&7 Shrug both shoulders up, as you drop shoulders down, bend both knees into a high squat
&8 Remaining in the squat position, with weight on ball of left foot and heel of right foot, swivet ¼ turn right and then return a ¼ turn left

(17-24) DOUBLE TIME SWIVET ¼ TURN, 2X WALKS, HOLD, 2X WALKS, MAMBO ROCK, RUNS BACK, ROCK BACK ONTO HEELS ROLL FORWARD ONTO TOES

- &1 Remaining in the squat position repeat the swivet as before twice but only make an 1/8 of a turn right each time (finish facing 9.00)
2& Walk forward on right foot, walk forward on left foot
3 Hold a count
4& Walk forward on right foot, walk forward on left foot
5&6 Rock forward on right foot, recover weight on left foot, step back on right foot
&7 Run back on left foot, step back on right foot and rock weight back onto both heels
8 Roll weight forward onto balls of feet

(25-32) RUN X2, SIDE-BEHIND, HOLD, BACK-SIDE, CROSS-ROCK-SIDE, CROSS-ROCK-SIDE-CROSS

- &1 Run forward on right foot, run forward on left foot
2& Step right foot to right side, cross left foot behind right
3 Hold a count
4& Step back on right foot, step left foot to left side
5&6 Cross rock right foot over left foot, recover weight onto left, step right foot to right side
7& Cross rock left foot over right foot, recover weight on right foot
8& Step left foot to left side, cross right foot over left

START AGAIN AND ENJOY!