

Slow Down Baby

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Ryan Wareing (UK) - March 2008
音樂: Slow Down Baby - Christina Aguilera : (Album: Back to Basics)



Start on vocals

ROCK, RECOVER, OUT, OUT SHOULDER POPS, BALL CROSS, SIDE, TRIPLE FULL TURN, SIDE.

1,2, Rock back on right foot, recover weight on to left foot.
&3, Step right to right side, step left foot to left side.
&4, Pop right shoulder, pop left shoulder.
&5,6, Step right foot next to left foot, cross left foot over right, step right foot to right side.
7&8, Triple full turn over left shoulder stepping left, right, left.
& Step right foot to right side.

BEHIND, SIDE, HEEL, BALL CROSS, SIDE, HEEL, BALL, TOUCH, TOUCH, SALIOR ½ TURN.

1&2, Step left foot behind right, step right to right side, touch left heel to left side,
&3, Step left foot to left side, cross right foot over left,
&4, Step left foot to left side, touch right heel to right side.
&5,6, Step right foot to right side, touch left toe forwards, touch left toe to left side.
7&8, ½ turn over left shoulder stepping left, right, left. (6 o'clock)

RESTART on 5th wall end of this section (1st 16 counts)

SIDE, TOGETHER, CROSS SHUFFLE, ½ OUT, OUT, BOUNCE, BOUNCE.

1, 2, Step right foot to right side, step left foot next to right foot.
3&4, Cross right foot over left foot, step left foot to left side, cross right foot over left foot.
5, ¼ turn over left shoulder stepping left foot to left side (9 o'clock).
6, Step right foot to right side.
7, 8, Roll hips anti-clockwise twice while bending your knees during each rotation. (transfer weight on to your left foot)

BALL CROSS, KICK BALL CROSS, ROCK AND CROSS, TURN ¼, TURN ½, TURN ½

&1 Step right foot next to left, cross left foot over right.
2&3 Kick right foot to the diagonal, step right foot to right side, cross left foot over right.
4&5 Rock right foot to right side, recover weight on to left foot, cross right foot over left.
6, ¼ turn over left shoulder step left foot forward. (12 o'clock)
7, ½ turn over left shoulder step back on the right. (6 o'clock)
8, ½ turn over left shoulder step left foot forward. (12 o'clock)

RIGHT SHUFFLE, ROCK RECOVER ¼, BEHIND SIDE CROSS, HIP BUMPS X2 WITH A SIDE

1&2, Step right foot forward, step left foot next to right, step right foot forward.
3&, Rock forward on the left foot, recover weight on to right foot,
4, ¼ turn over left shoulder stepping left foot to left side. (3 o'clock)
5&6, Step right foot behind left, step left foot to left side, cross right foot over left.
7&8, Bump hips left, right, left – stepping left foot to left side.

ROCK RECOVER ¼, STEP 1/2 PIVOT, KICK, BALL, TOUCH, BALL, SIDE ROCK RECOVER STEP.

1&, Rock forward on the right foot, recover weight on left.
2, ¼ turn over right shoulder step right foot forward.
3, 4 Step left foot forward, ½ pivot turn over right shoulder, weight on to right. (6 o'clock)
5&6 Kick left foot forward, step left foot next to right, touch right toe next to left foot.
&7 Step right foot next to left, rock left foot to left side.

&8 Recover weight on right, step left foot next to right.

START AGAIN
