

Slow Down

拍數: 48 牆數: 2 級數: Phrased Intermediate
編舞者: Dan Morrison (CAN) - December 2013
音樂: Slow Down - Selena Gomez



Intro: 16 Counts, Start just before Lyrics
Sequence: A-A-B-A-A-A-B-A till end of song

"A" - 32 counts

Walk 2x, Scissor, Side, Behind, Rock-Step-Cross

1-2 Step R forward (1) Step L forward (2)
3&4 Step R side R (3) Step L beside R (&) Step R over L (4)
5-6 Step L side L (5) Step R behind L (6)
7&8 Step L side L (7) Step R in place (&) Step L over R (8)

Step, Hold, Ball-Step, Hold, Rock-Recover, 1/4 Shuffle

1-2 Step R side R (1) Hold (2)
&3-4 Step L beside R (&) Step R side R (3) Hold (4)
5-6 Step L over R (5) Recover onto L (6)
7&8 Step L side L (7) Step R beside L (&) Step L 1/4 L (8)

Step, 1/4 Touch, 1/4 Step, Touch, Coaster, 1/4 Pivot

1-2 Step R forward (1) 1/4 L, Touch L forward (2)
3-4 1/4 R, Step L back (3) Touch R forward (4)
5&6 Step R back (5) Step L beside R (&) Step R forward (6)
7-8 Step L forward (7) 1/4 Pivot, wt on R (8)

Knee Pops, Hat-Dance, Rock-Recover, Touch, 1/2 Step

1& Pop L knee across R (1) Step L beside R (&)
2& Pop R knee across L (2) Step R beside L (&)
3& Touch L forward (3) Step L beside R
4& Touch R forward (4) Step R beside L
5-6 Step L forward (5) Recover on R (6)
7-8 Touch L toe back (7) 1/2 turn L, Step L forward (8)

"B" - 16 counts

Step, Lock-Step-Step, Lock-Step-Step, 1/4 Sailor, Behind-Side-Cross

1 Step R forward
2&3 Lock L behind R (2) Step R beside L (&) Step L forward (3)
4&5 Lock R behind L (4) Step L beside R (&) Step R forward (5)
6&7 1/4 L, Step L behind R (6) Step R beside L (&) Step L side L (7)
8&1 Step R behind L (8) Step L side L (&) Step R over L (1)

Scissor, Side-Behind-1/4, Chase Turn, Lock-Step

2&3 Step L side L (2) Step R beside L (&) Step L over R (3)
4&5 Step R side R (4) Step L behind R (&) Step R 1/4 R (5)
6&7 Step L forward (6) 1/2 Pivot R, wt on R (&) Step L forward (7)
8& Lock R behind L (8) Step L beside R (&)

HAVE FUN AND ENJOY

Contact: dan_orillia@live.com

