

Slow Down the Song

COPPER KNOB
STEPPERS

拍數: 40
編舞者: Lynn Card (USA) - February 2014
音樂: Slow Down - Selena Gomez

牆數: 4

級數: Phrased Intermediate



Phrasing: A, A, B, A,A,A,B,A, B,B,A,A,A

Hints: -

First B starts at 6 o'clock and ends facing 12 o'clock

Second B starts facing 9 o'clock and ends facing 3 o'clock

Third B starts at 6 o'clock and ends facing 6 o'clock

On last A for styling and to finish facing front, after the last 4 counts and chase turn, make a ¼ turn counter clockwise to face the front and take a big step to the R dragging the L

Part A 32 counts (this is fast and light footwork using the balls of your feet)

Kick and Toe Weight Changes and Kick Ball Side Touch

1&2&3&4 Kick R across L at diagonal, step crossing R over L, tap L toe behind R, recover on L, kick R across L at diagonal, recover on R, kick L across R at diagonal

&5&6&7&8 Step crossing L over R, tap R toe behind L, recover on R, kick L to front, Recover on R ball at center, kick R forward, recover on R, touch L to left side

Kick Ball Side Touch, Cross Rock R behind L, Touch Right Side, ¼ Turning Jazz Box Cross L over R, Hold

1&2,3&4 Kick L forward, recover on L, touch R to right side, cross rock R behind L, recover on L, touch R to right side

5,6,&7,8 Cross R over L, step L back, step R to right side(1/4 turn clockwise), cross L over right, and hold.

Cross Touches, L Sailor, R Turning Sailor ¼ Clockwise

&1,2,3,4 With L still crossed over right step on R, cross L over right, touch R to right side, cross R over left, touch L to left side

5&6,7&8 Cross L behind right, step R to right side, step L to left side, making a ¼ turn clockwise(6 o'clock) cross R behind L, step L to left side, step R to right side

Weave to the Right, Step Right, Pivot Left, Recover Right, Chase Left

1&2&3&4 Cross L behind R, step R to right side, cross L in front of right, step R to right side, cross L behind right, step R to right side, cross L in front of right

5,6,7,8 Making a ¼ turn clockwise step R to right side (9 o'clock), step L forward and pivot ½ turn on L clockwise (3 o'clock), recover R forward, step L forward

Part B

8 Counts (Night Club Basics with Hip Sways)

1,2&3,4& Step R to right side, rock L behind R, recover on R, step L to left side, rock R behind L, recover on L

5,6&7,8& Make a ¼ turn counterclockwise and take step to R, rock L behind R, recover on R, step L to left side, and sway hips R then L with slight weight changes rocking slightly R to L as you sway hips, recover weight to L

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