

# Slow Down

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Tim Gauci (AUS) - April 2014  
音樂: Slow Down - Selena Gomez : (Single - iTunes)



Begin dance on lyrics 16 beats in  
Sequence – 64, Tag, 32, 64, Tag, 64, Tag, 32, 64

[1-8] □ WALK LR, ¼ BALL CROSS, SIDE, ½ TURN SAILOR CROSS, BALL CROSS, SIDE, TOG □ 9.00

12&34      Walk fwd LR, making ¼ turn R step L to L side (&), cross R over L, step L to L side  
5&6&7&8      Making ½ turn R swing the R foot from front to back step R behind L, step L to L (&), step R over L, step L to L (&), step R over L, step L to L, step R tog (&)

[9-16] □ CROSS, SIDE, BEHIND, SIDE, HEEL, TOG, CROSS, SIDE, TOUCH, UNWIND ¾ □ 6.00

123&4&      Step L over R, step R to R, step L behind R, step R to R (&), touch L heel at L45, step L tog (&)  
5678      Cross R over L, step L to L, touch R behind L, unwind ¾ R (weight R)

[17-24] □ FWD, TOG, BACK, BACK, ½, FWD, TOG, BACK, ¼, POINT, ¼ □ 12.00

1&234      Step L fwd, step R tog (&), step L back, step R back, making ½ turn L step L fwd  
5&6&7&8      Step R fwd, step L tog (&), step R back, making ¼ turn L step L to L (&), point R toe to R side, making ¼ turn R step R fwd

[25-32] □ ½, ¼, ROCK, CROSS SHUFFLE, SIDE, ROCK, TOG, SIDE, ROCK, TOG □ 9.00

12&3&4      Making ½ turn R step L back, making ¼ turn R step R to R, rock weight onto L (&), shuffle R over L  
56&7&8      Step L to L, rock weight onto R, step L tog (&), step R to R, rock weight onto L, step R tog (&)

[33-40] □ FWD, ½, BACK, TOG, HEEL, TOG, WALK RL, FWD, ROCK, BACK, TOG □ 3.00

123&4&      Step L fwd, making ½ turn L step R back, step L back, step R tog (&), touch L heel fwd, step L tog (&)  
567&8&      Walk fwd RL, step R fwd, rock weight onto L (&), step R back, step L tog (&)

[41-48] □ BACK, HOLD, TOG, BACK, HOLD, TOG, BAC, ROCK, FULL TURN FWD □ 3.00

12&34&      Step R back, hold, step L tog (&), step R back, hold, step L tog (&)  
5678      Step R back, rock weight fwd onto L, making ½ turn L step R back, making ½ turn L step L fwd

[49-56] □ STEP, TOUCH, STEP, TOUCH, TOG, CROSS, BACK, SIDE, CROSS □ 3.00

1234&      Step R to R dipping knees, touch L toe at L45, step L to L dipping knees, touch R toe at R45, step R tog (&)  
5678      Cross L over R, step R back, step L to L, cross R over L

[57-64] □ POINT, TOG, POINT, TOG, HEEL, TOG, HEEL, COASTER STEP, STEP, PIVOT

1&2&3&4      Touch L toe to L, step L tog (&), touch R toe to R, step R tog (&), touch L heel fwd, step L tog (&), touch R heel fwd □ 3.00  
5&678      Step R back, step L tog (&), step R fwd, step L fwd, pivot ½ R □ 9.00

[64] beats □ Repeat dance in new direction

TAG: 16 beat 'Slow Down' Tag

[1-8] □ SIDE DRAG, BEHIND, SIDE, CROSS, ¼, ¼, CROSS, SIDE DRAG, BACK, ROCK, SIDE DRAG, BEHIND, ¼

- 12&3&4& Step L to L dragging R tog, step R behind L, step L to L (&), cross R over L, making ¼ turn R step L back (&), making ¼ turn R step R to R, cross L over R (&)
- 56&7&8& Step R to R dragging L tog, step L back, rock weight fwd onto R (&), step L to L dragging R tog, step R behind L, making ¼ turn L step L fwd (&)

**[9-16] □ SIDE DRAG, BEHIND, SIDE, CROSS, ¼, ¼, CROSS, SIDE DRAG, BACK, ROCK, SIDE DRAG, BEHIND, ¼**

- 12&3&4& Step R to R dragging L tog, step L behind R, step R to R (&), cross L over R, making ¼ turn L step R back (&), making ¼ turn L step L to L, cross R over L (&)
- 56&7&8& Step L to L dragging R tog, step R back, rock weight fwd onto L (&), step R to R dragging L tog, step L behind R, making ¼ turn R step R fwd (&)

**Enjoy**

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