

Slow Down

Count: 32 **Wall:** 2 **Level:** Newcomer / Novice

Choreographer: Sabrina v/d Heuvel & Nancy Reijnders-Spronck – June 2016

Music: Slow Down by Douwe Bob

Introduction 32 counts, start on approx 19 sec

SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE STEP, ½ TURN, SHUFFLE

- 1 - 2 RF Side rock, Recover on LF
3 &4 RF Cross over LF, Step LF next to RF, Cross RF over LF
5 – 6 LF Side Step, ½ Turn Step RF forward (facing 6.00)
7 &8 Step LF forward, step RF next to LF, Step LF forward

CROSS STEP, SIDE TOUCH, SAILOR STEP, SAILOR STEP, ROCK, RECOVER

- 1 – 2 RF Cross step, LF Touch to LF side
3 &4 LF Cross behind RF, RF Step to R, LF Step to L
5 &6 RF Cross behind LF, LF Step to L, RF Step to R
7 &8 LF Rock, RF Recover

FULL TURN, SHUFFLE, ROCK, RECOVER, COASTERSTEP

- 1 - 2 ½ Turn L, ½ Turn L and close RF to LF (facing 12.00)
3 &4 Step LF forward, Step LF next to RF, Step LF forward
5 –6 RF Rock, LF Recover
7 &8 Step RF behind, Step LF next to RF, Step RF forward

PIVOT ½ TURN, SHUFFLE, HIEL, HIEL, TOE, HIEL

- 1 – 2 LF Step forward, ½ turn weight on RF (facing 6.00)
3 &4 Step LF forward, Step LF next to RF, Step LF forward
5 – 6 Right Heel, Left Heel
7 – 8 Right Toe, Left Heel

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