

# Slow Down

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**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Guylaine Bourdages - May 2016

**Music:** Slow Down By: Douwe Bob. Album: Single

**Intro : 32 counts**

## SECTION 1

**[1-8] RF cross Rock Step, Chassé RLR, LF cross in front of RF, 1/4L RF back, 1/4L Chassé LRL**

**1-2RF cross in front of LF (1), Recover on LF (2)**

**3&4RF to right (3), LF beside RF (&), RF to right (4)**

**5-6LF cross in front of RF (5), 1/4L RF back (6) (9H)**

**7&8(1/4L) LF to left (7) , RF beside LF(&), LF to left(8) (6H)**

## SECTION 2

**[9-16] RF cross Rock Step, Chassé RLR, LF Jazz Box 1/4L, Finish RF point to right**

**1-2RF cross in front of LF (1), Recover on LF (2)**

**3&4RF to right (3), LF beside RF (&), RF to right (4)**

**5-8LF cross in front of RF (5), 1/4L RF back (6), LF to left(7), Point RF to right (8) (3H)**

**TAG here on wall 7**

## SECTION 3

**[17-24] RF Forward, Hitch LF, LF back, RF beside LF, LF forward, Hitch RF, RF back, LF beside RF**

**1-4RF forward (1), Hitch left knee (2), LF back(3), RF beside LF(4)**

**5-8LF forward (5), Hitch right knee (Hitch) (6), RF back(7), LF beside RF(8)**

## SECTION 4

**[25-32] Stomp RF forward, Hold, LF beside RF, Triple Step forward RLR, Rock Step LF forward, LF back, Point RF to right**

**1-2 Stomp RF forward(1), Hold(2)**

**&3&4LF beside RF (&), RF forward (3), LF beside RF(&), RF forward(4)**

**5-6LF forward (5), Recover on RF (6)**

**7-8LF back (7), Point RF to right(8)**

**TAG VERY EASY ON WALL 7**

**Dance the 16 first counts the dance . You are now facing 9H**

**TAG RF Forward, Hitch LF, LF back, Touch RF beside LF, Side Touch (clap, Side Touch (clap)**

**1-4RF forward (1), Hitch left knee (Hitch) (2), LF back (3), Touch RF beside LF (4)**

**5-6RF to right (5), Touch LF beside RF (CLAP) (6)**

**7-8LF to left (7), Touch LF beside RF (CLAP) (8)**

**And Start again WITHOUT PAUSE ...**

**FINAL: On the last wall, on section 4 after the rock Step turn 1/4L and touch on counts 7-8**

**Keep Smiling and thank you to dance my choreographies**

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